

CLASSMATES CHECKLIST

Follow Your School's Rules About Food Allergies

Best Practice

- Wash your hands before and after eating
- Do not share or trade food or drinks with friends who have food allergies
- Report any teasing, threats, or bullying
- What happens when your friend eats unsafe food?
 - Does your friend throw up/vomit?
 - Does your friend's face or tongue swell up?
 - Does your friend have trouble breathing?
 - Does your friend have a tingling tongue or itchy throat?
 - Does your friend have bumpy, itchy, red skin?
 - If your friend gets sick, GET HELP RIGHT AWAY!
- Know where your friend keeps their emergency medicine (epinephrine)

Prevention

- Never take food allergies lightly
- Know what food(s) your friend can or cannot eat
- Help your friend avoid foods they are allergic to
- Do not tease or bully
- Your friend has feelings just like you, they just have to be careful what they eat
- Avoid eating foods that contain ingredients your friend is allergic to
- Celebrate with nonfood treats and activities, like games, stickers, songs and prizes.

Review

- What foods your friend can or cannot eat
- What happens when your friend eats these foods
- When to tell an adult or **call 911**