

STUDENTS WITH FOOD ALLERGIES CHECKLIST

- Follow Your Food Allergy Action Plan (FAAP)
- Join in Your Food Allergy Planning Meeting
- Prevention
 - Know what food(s) are unsafe
 - Tell your friends and adults the foods you can or cannot eat
 - Ask your friends to learn how to use your emergency medicine (epinephrine), just in case needed
 - Always have two epinephrine auto-injector at school
 - Go to your doctor at least once per year (Asthma—twice per year)
- If You Have an Allergic Reaction, Go See Your Doctor Within 1–2 Weeks
- Best Practice
 - Wash your hands before and after eating
 - Carry two epinephrine auto-injector at school and with you at all times
 - Do not share or trade food or drinks
 - Make sure surfaces are clean before eating
 - Carry wet wipes
 - Say “no, thank you” to food that is unsafe or without a label
 - Report any teasing, threats, or bullying
- Review
 - What foods are unsafe
 - What happens when you eat unsafe foods
 - Know where your life-saving medicine is kept
 - When to tell an adult or **call 911**