EMERGENCY PREPAREDNESS CHECKLIST

☐ Ways to prepare for an emergency
  ☐ Go over your action plan with your parents/guardians
  ☐ Keep your emergency medicine called epinephrine in a safe area
  ☐ Always have two epinephrine auto-injectors with you

☐ Learn about an allergic reaction
  ☐ Signs of an allergic reaction
  ☐ The name of your medicine (epinephrine)
  ☐ How to use your medicine (epinephrine)
  ☐ Practice what to do if there is an emergency at home or school

☐ Ask who will help you
  ☐ Does an adult know about your food allergies
  ☐ Does an adult know how to use your emergency medicine (epinephrine)

☐ What if there is an emergency
  ☐ Tell an adult or call 911 right away!
  ☐ If you use your emergency medicine (epinephrine), call 911 right away!