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