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# F A M E

# 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!**

# 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**

# 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**

# Take Charge

# Be Prepared

## At School

- **CLASSES**—avoid allergens in classes such as: chemistry or biology labs, home economics or culinary.
- **Moving** from classroom to classroom may require reviewing your food allergy action plan, including where your epinephrine is located.
- **PREPARE** for lunch periods:
  - Make sure the eating surface/area is clean and practice good hand washing.
  - If going to restaurants for lunch plan ahead by asking for ingredients/safe menu options.
- If you use **VENDING MACHINES**, make sure you read **all** ingredient labels. Be aware of advisory statements such as “may contain...” or “in a facility that processes....”

## With Friends

- **WHY RISK IT?** Don't **PRACTICE** risky behaviors such as eating food that could cause a reaction or not reading food labels.
- **KISSING**—Tell the person you want to kiss about your allergies. If possible, ask them to avoid eating the food. Ask them to limit exposure by washing hands/face, or brushing teeth thoroughly, before kissing.
- Combining **ALCOHOL, DRUGS, AND FOOD ALLERGIES** can be very dangerous. Both alcohol and drugs can impair judgement and safe decision making.

## On the Go

- When **EATING AWAY** from home, ask if the food contains something you are allergic to.
  - **Ask to see** label/allergy information.
  - **Use** chef cards.
- When **TRAVELING** with food allergies plan ahead by doing the following:
  - **Contact the airline** to inform them of your food allergy, and ask if they have a food allergy policy. (For example, some airlines do not serve peanut snacks on their flights.)
  - **Bring foods/snacks** you enjoy and do not eat airline food. Contact the hotel and local restaurants to review ingredients and safe options.
  - **Wear** medical alert jewelry.
  - **Find out** where the nearest medical center is located in case of an emergency.



## Remember!

- **YOU ARE NOT ALONE!**
- **CARRY YOUR EPINEPHRINE AUTO-INJECTOR** on you at all times (have a **BACK UP**). Do not leave in your locker or backpack. Check your expiration date!
- **KNOW YOUR** Emergency Care Plan (ECP)/ Food Allergy Action Plan (FAAP)
- **SPEAK UP** about bullying and teasing. Talk to someone you trust such as school staff, a friend and or family.
- **DO NOT KEEP** your allergies a secret!

# Take Charge Be Prepared Resources

## ***ALLERGIC GIRL RESOURCES, INC. SUPPORTIVE SERVICES***

**AllergicGirl.com**

## ***ANTI-BULLYING***

**stopbullying.gov**

## ***FARE RESOURCES FOR TEENS***

**foodallergy.org/resources/teens**

## ***FARE RESOURCES FOR COLLEGE STUDENTS***

**foodallergy.org/managing-food-allergies/at-college**

## ***FOOD ALLERGY & ANAPHYLAXIS CONNECTION TEAM (FAACT)***

**FoodAllergyAwareness.org**

## ***MEDIC ALERT***

**medicalert.org**

## ***FOOD ALLERGY POSTERS***

**allergyhome.org/teach**

**foodallergyawareness.org/education/food\_allergy\_awareness\_resources-12/**

**stlouischildrens.org/Fame**

## ***RESTAURANT GUIDE, ACTIVE BLOG & VIDEOS***

**AllergyEats.com**

## ***SINGING GRAMS TO FIGHT FOOD ALLERGIES***

**EZgreetings.org**

## ***TEEN FA TUMBLR***

**foodallergyteens.tumblr.com**

## ***WHY RISK IT: WHERE REAL LIFE AND ALLERGIES COLLIDE***

**whyriskit.ca/pages/en/resources/videos.php**

# AUTHORIZATION FOR STUDENTS TO SELF-CARRY

Please fill out and complete all four sections.

Student's name \_\_\_\_\_ School year \_\_\_\_\_

## To be Completed by Prescribing Health Professional

It is my professional opinion that \_\_\_\_\_

is capable of carrying and self-administering the following medication:

Medication name \_\_\_\_\_

Dosage \_\_\_\_\_

Frequency \_\_\_\_\_

I recommend self-administration of this medication for the treatment of:

\_\_\_\_\_

Special Instructions or Comments \_\_\_\_\_

HEALTH CARE PROVIDER SIGNATURE

DATE

PRINT NAME

PHONE

## To Be Completed by Parent/Guardian

I, request and authorize my child \_\_\_\_\_ to carry

and/or self-administer their \_\_\_\_\_ medication.

This authorization is given based on the following:

- I hereby give permission for my child to self-administer prescribed medication at school.
- I authorize release of information related to my child's health/medications between the school nurse and the prescribing healthcare provider.
- I understand that my child shall be permitted to carry their medication at all times providing they do not misuse the medication.
- I understand that if my child misuses the medication, school employees will take the medication and terminate this agreement.
- I understand that this authorization shall be effective for this current school year and must be renewed annually.

PARENT/GUARDIAN SIGNATURE

DATE

PRINT NAME

PHONE

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## To Be Completed by Licensed School Nurse

- The student can demonstrate correct use/administration.
- The student can recognize correct dosage.
- The student recognizes prescribed timing for medication.
- The student agrees to not share the medication with others.
- The student will keep a second labeled container in the health office.

The student (is/is not) able to demonstrate the specified responsibilities. The student (may/may not) carry the prescribed medication.

---

LICENSED SCHOOL NURSE NAME (PLEASE PRINT)

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SIGNATURE

---

DATE

## To Be Completed by the Student

I, \_\_\_\_\_ agree to the responsibilities of carrying medication. I have been trained in the proper use of my prescribed medication and understand how it is given. I will keep this medication with me at all times and take my responsibility to self-carry seriously. I also understand that if I misuse my medication, this agreement will end. If I take my medication I will contact the school nurse.

---

STUDENT NAME (PLEASE PRINT)

---

STUDENT SIGNATURE

---

DATE



# Cross-Contact

## Potential Sources

- Dirty hands
- Splashed or spilled food
- Tables and chairs
- Spoons, forks, and dishes
- Dirty cleaning cloths
- Pots/pans

## Ways to AVOID

- Know what foods your friend can or cannot have
- Practice good hand washing or use hand wipes
- Use clean spoons, forks and dishes
- NO food sharing or trading
- Always check labels

**IT IS IMPORTANT**  
to have an adult check the  
food label.

## Hidden Allergens

- **Eggs:** egg substitutes, mayonnaise, baked goods, noodles
- **Fish/Shellfish:** seafood flavorings
- **Milk:** cheese, bread/buns, soup/gravy, hot dogs, deli meat
- **Wheat:** flours, soup mixes, snacks
- **Soy:** baked goods, bread/buns, candy
- **Peanut/Tree Nuts:** candy, ice cream, baked goods, salads, salad dressing, barbecue sauce, cereal/granola bars

**IN CASE OF AN ALLERGIC REACTION  
TELL AN ADULT THEN CALL 911**

# How can I stay safe with food allergies?

## 1. Circle the food(s) you cannot eat:



Eggs



Peanuts/Tree Nuts



Milk



Draw the foods you cannot eat



Wheat



Soy



Fish/Shellfish



## 2. Circle what happens when you eat these foods.

Tummy pain

Tight throat

Hard to breathe

Throw up/vomit

Tongue itches

Puffy face and lips

Bumpy red skin

## 3. Ways to stay safe with food allergies

- Wash your hands before and after eating.
- Do not share food with others.
- Say "no" to foods you cannot eat.
- Always have your epinephrine
- Tell an adult or call 911.



Food Allergy Management and Education (FAME)

Children's  
HOSPITAL • ST. LOUIS  
BJC HealthCare

# FOOD ALLERGY RESOURCES (FOR CHILDREN)

## Book Resources

### **Alexander the Elephant Book Series**

Food Allergy and Anaphylaxis Network.  
foodallergy.org

- *Always Be Prepared*
- *A Special Day At School*
- *Alexander's First babysitter*
- *Alexander's First Plane Ride*
- *Alexander Goes Out to Eat*
- *Alexander Goes to a Birthday Party*
- *Alexander Goes Trick-or-Treating*
- *Alexander Learns His Lesson*
- *Alexander and His Pals Visit the Main Street School*
- *Alexander's Special Holiday Treat*

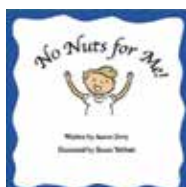
### **Food Allergies & Me**

Juniper Skinner.  
Create Space, 2010  
foodallergiesandme.com



### **No Nuts for Me**

Aaron Zevy. Tumbleweed Pr,  
1996



### **Nurse Teddy Bear Learns About Food Allergies**

Ann Lempert Deutsch, 2012



### **The BugaBees: Friends with Food Allergies Book Series**

Amy Recob.  
Beaver's Pond Press  
thebugabees.com

- *The Bugabees: Friends with Food Allergies*
- *The BuggyBops: Friends for All Time (The BugaBees Series)*



### **The No Biggie Bunch Children's Book Series**

Heather M.Mehra. Parents Perk, Inc.  
nobiggiebunch.com

- *Dairy-Free Dino-Licious Dig*
- *Everyday Cool With Food Allergies*
- *Peanut-Free Tea for Three*
- *Sports-tastic Birthday Party Book*
- *Trade-or-Treat Halloween*



### **The Peanut Butter Jam Book**

Elizabeth Sussman Nassau and Margot Janet Ott. Health Press (NM), 2001



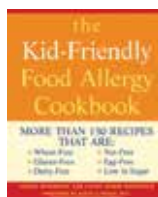
### **Taking Food Allergies to School**

Ellen Weiner and Moss Freedman.  
JayJo Books; 1st Edition, 1999



### **The Kid-Friendly Food Allergy Cookbook**

Leslie Hammond and Lynne Marie Rominger. Fair Winds Press, 2004



(Food Allergy Resources continued on other side)

## DVD Resource

**Binky Goes Nuts: Understanding  
Peanut Allergies (2007)**



## Online Resources

### **Allergy Home**

[allergyhome.org](http://allergyhome.org)

### **AllergyReady.com**

[allergyready.com](http://allergyready.com)

### **American Academy of Allergy Asthma & Immunology**

[aaaai.org/conditions-and-treatments/  
just-for-kids.aspx](http://aaaai.org/conditions-and-treatments/just-for-kids.aspx)

### **FARE resources for kids**

[foodallergy.org/resources/kids](http://foodallergy.org/resources/kids)

### **FARE Resources for Teens**

[foodallergy.org/resources/teens](http://foodallergy.org/resources/teens)

### **FARE Resources for College Students**

[foodallergy.org/resources/college-students](http://foodallergy.org/resources/college-students)

### **Kids with Food Allergies**

[community.kidswithfoodallergies.org](http://community.kidswithfoodallergies.org)

### **Kids Health**

[kidshealth.org](http://kidshealth.org)

## Food Allergy and Bullying

[healthychildren.org/English/Pages/default.aspx](http://healthychildren.org/English/Pages/default.aspx)  
(type **bullying** in the search box)

[kidshealth.org](http://kidshealth.org)

(type **bullying** in the search box)

[nea.org/bullyfree](http://nea.org/bullyfree)

[violencepreventionworks.org  
public/bullying.page](http://violencepreventionworks.org/public/bullying.page)

[stopbullying.gov](http://stopbullying.gov)