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