□ 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!