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