

# 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!