

Checklist for Teens & Tweens with Food Allergies

(to be discussed with their doctor and parent)

*Any brand of epinephrine auto-injector (emergency medication) can be used in place of an EpiPen.

1. Where are your EpiPens right now?

2. Who is trained to administer your EpiPen?

	Yes	No
3. Do you always carry your EpiPens with you?	_____	_____
4. Do you wear a MedicAlert bracelet or some type of identifier of your food allergies?	_____	_____
5. Do you read ingredient labels of every food you eat?	_____	_____
6. Do you always avoid foods without a label (like at a bake sale) or foods labeled with a “may contain” type of label?	_____	_____
7. Are your friends aware that you have a food allergy?	_____	_____
8. Do your teachers/staff at school know you have a food allergy?	_____	_____
9. Do you always replace EpiPens before they expire and ensure that they don't get too hot or too cold?	_____	_____
10. If you were ever bullied about your food allergies, do you know an adult that you are comfortable asking to help you?	_____	_____

An EpiPen may save your life!

Always have 2 with you and know how and when to use them.

Do you have any questions about your written Emergency Action Plan?

www.foodallergy.org/file/emergency-care-plan.pdf

Please SHOW your doctor how to use the EpiPen training device.

(teen on yourself - parent on your teen)

For more info. visit: www.foodallergy.org www.foodallergyawareness.org www.allergicchild.com www.whyriskit.ca

PARENTS If your epinephrine auto-injectors are not fully covered by insurance, ask about options to reduce costs.