

Student Food Allergy Checklist

Note: Skills of self-care and self-advocacy are reached over time. Expectations need to fit the developmental ability of the student

- Do the things needed to avoid your allergen
 - For food allergies this may include:
 - Do not trade food with others or accept food
 - Do not eat food with unknown ingredients
 - Do not eat food when you know or think an allergen is in the food
 - Wash hands before you eat
 - Avoid touching your eyes, nose and mouth with unwashed hands
- Tell an adult right away if you know or think you ate a food you are allergic to or came in contact with an allergen (i.e. bee sting, latex, etc.).
- Learn to recognize symptoms of an allergic reaction and tell an adult right away if having any symptoms
- Tell an adult if you do not feel safe (because of a place or what is happening).
- Know where your emergency medications are and who is responsible for providing it.
- If self-carrying your medications:
 - Always have the medication with you.
 - Keep medicine in a safe place (avoid extreme heat or cold).
 - Do not share your medication.
 - Tell an adult right away if you have used your medication.
- Introduce yourself and inform teachers, cooks, bus drivers, coaches, paraprofessionals, etc. of your food allergy.
- Wear a medical alert identification.
- Help other people learn about your allergy and how to best help you.