

BACK TO SCHOOL



What to do **BEFORE** school starts

- + Be well-versed on your child's food allergy.
- + Identify the foods your child must avoid
- + Learn the signs and symptoms of an allergic reaction
- + Know the ways your child might describe an allergic reaction.
- + The correct way to use an epinephrine device.
- + Make sure your child knows what to do if they experience an allergic reaction.
- + Schedule an appointment with your child's pediatrician or allergist.
- + Check your child's medication supply and expiration dates.
- + Get a prescription for medications you may need (e.g., for school, self-carry, home).
- + Learn how to administer epinephrine and practice with your child.
- + Have the medical provider fill out any required school forms, including a food allergy emergency care plan.

Learn more at [FoodAllergy.org](https://www.FoodAllergy.org)

