

Checklist for Parents and Caregivers



- ☒ Schedule an appointment with your child's pediatrician or allergist.
- ☒ Check your child's medication supply and make sure that medications are not expired.
- ☒ Get a prescription for medications you may need (e.g., for school, self-carry, home).
- ☒ If your child is self-carrying epinephrine practice with your child.
- ☒ Have the medical provider fill out any required school forms, including a food allergy emergency care plan.
- ☒ Understand your school's food allergy policy.
- ☒ Schedule time to speak with your child's teacher or school nurse about your child's food allergy.
- ☒ Understand who in the school building is trained about food allergy, who is trained to administer medications and ask where the medications are stored.
- ☒ Inquire about policies for field trips, substitute teachers, special events.
- ☒ Share resources such as FARE's Food Allergy Management in Schools (FAMS).



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in Schools (FAMS)**

