



**Before you leave the house remember:**



### **Epinephrine auto-injectors**

Is it very hot or very cold outside? Bring an insulated carrier and don't leave auto-injectors in the car!



### **Anti-histamines, inhaler, other medications**

Check for all prescribed medications. Remember that anti-histamines cannot treat anaphylaxis.



### **Safe snacks**

Even if you're hungry, never take a chance with a food you're not sure is safe for you.



### **Hand wipes**

Antibacterial hand gel does not remove food allergens. Use soap and water or commercial hand wipes.



### **Emergency Care Plan**

This plan informs you and others how to respond in case of a food allergy reaction.



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