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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