

TEENAGERS: Food allergy checklist

1. Take your adrenaline auto-injector e.g. EpiPen® with you at ALL times.

- Keep it insulated and don't let it overheat.
- Check expiry date.
- Know how to use it!
- No EpiPen/Anapen, no eating!



2. Keep asthma well controlled.

- See your doctor if needing your reliever (e.g. Salbutamol) more than once per week.
- Take your reliever medications with you at ALL times



3. Do not share foods with others, unless you can read ingredients list.



4. Be open about your allergies.

- When eating out, **declare your food allergies**. Plus, double check when order arrives.
- Let your friends know about your allergies.

5. You can double-check your food by doing a **touch-test**.

- Place a small amount of food on the inside of your lower lip - if you feel a tingling sensation, don't eat it!

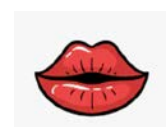


6. If you think you are having an allergic reaction:

- **Tell someone.**
- Do not go to the bathroom or go anywhere on your own!



7. Before you **kiss** someone, make sure they haven't just eaten a food that you are allergic to.



8. Alcohol

- Drinking too much alcohol may cloud your judgement.
- Alcohol may increase the severity of allergic reactions.
- Be aware that food allergens are ingredients in some alcoholic drinks.



Further information for teens on website:

Allergy 250K

<https://allergy250kteens.org.au/>

