

# FOOD ALLERGY MANAGEMENT CHECKLIST

## When you are going out remember:

1. Take your EpiPen® with you at **ALL** times. Keep it insulated and don't let it overheat.



2. If you suffer from asthma make sure it is well-controlled



If you have a cough or wheeze when you run around or at night, or need Ventolin more than twice a week you need to have your asthma reviewed.

3. **DO NOT** share food with others.



4. When eating out, ring the restaurant/friend before you go and see if they can accommodate you. See if the restaurant also has an allergy friendly menu.



5. Double-check what is in the food before eating it.



To eat or not to eat....

6. Do the 'touch test':  
To check if the food is ok to eat, put a small amount of food on the inside of your lower lip, if there is a tingling sensation don't eat it.

The touch test is only for foods that you have already checked are safe by asking about their ingredients.



7. If you are kissing others, make sure they haven't just eaten anything that you are allergic to!!



**Have fun and remember if you're not sure don't risk it!!!**