

# BACK TO SCHOOL



## What to do **BEFORE** school starts

- Be well-versed on your child's food allergy.
- The foods he or she must avoid.
- The signs and symptoms of an allergic reaction.
- The ways your child might describe an allergic reaction.
- The correct way to use an epinephrine auto-injector.
- Make sure your child knows what to do if he or she experiences an allergic reaction.
- Schedule an appointment with your child's pediatrician or allergist.
- Check your child's medication supply and expiration dates.
- Get a prescription for any medications you may need (e.g., for school, self-carry, home).
- Check that you have the correct strength of epinephrine auto-injector for your child's weight.
- Have the medical provider fill out any required school forms, including a food allergy emergency care plan.

Learn more at [FoodAllergy.org](https://www.FoodAllergy.org)

