



Checklist for Daily Management for Food Allergies

Don't let your child miss out on activities because of their allergy. With some forward planning and good communication your child can join in and be part of preschool, school, sporting and social activities.

There may have to be some changes to minimise risk but most times the individual with allergies can participate.

- ▲ Always leave children with allergies in the care of those who know how to recognise an allergic reaction and are able to administer the adrenaline/epinephrine auto injector.
- ▲ ALWAYS have the adrenaline/epinephrine auto injector and the individual's Action Plan for Anaphylaxis close by and easily accessible. (Visit www.allergy.org.au for the Action Plan for Anaphylaxis and information on anaphylaxis) Don't even walk the dog or go to the park without your emergency kit.
- ▲ If you forget your adrenaline/epinephrine auto injector and you are food allergic, **DON'T EAT.**
- ▲ Read the ingredient label each time a food product is purchased.
- ▲ If you are unsure about a food, don't eat it – it's a risk.
- ▲ Teach young children not to swap food with others and to only eat food safely prepared by mum and dad.
- ▲ If adrenaline/epinephrine auto injector is administered, an ambulance must be called and the individual must be transported to the nearest hospital for further treatment and observation.
- ▲ If an individual has an anaphylactic reaction they must stay in the Emergency Department for at least 4 hrs in case of a rebound reaction.
- ▲ Visit your allergy specialist every 12 –24 months or as advised by your doctor.
- ▲ Check the expiry date of your adrenaline/epinephrine auto injector regularly.

There is currently no cure for food allergy; education is the key to good management.

If you suspect a food allergy, please do not rely on your own diagnosis.

Consult a doctor as soon as possible.

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