

# FOOD ALLERGY COLLEGE CHECKLIST



## On Campus



- ♥ Be proactive. Advocate for yourself. Once on campus it is essential to speak up.
- ♥ Inform your roommates, friends and resident advisor of your food allergies. Share your emergency care plan.
- ♥ Put your medical ID information in your smart phone. Show your friends how to access this information.
- ♥ When in doubt, don't do it. Don't eat any food unless you are certain it was prepared safely. If unsure, don't be afraid to ask!
- ♥ Epinephrine Auto-Injector:
  - Carry your auto-injectors at all times.
  - Show roommates, friends and resident advisor your auto-injector and train them on how to use it.
- ♥ See if there is a food allergy club on campus to join. If one doesn't already exist, consider forming one. It's a great way to meet people in the same situation.
- ♥ Take extra medication, checking expiration dates so that you don't accidentally take medicine that is past its shelf life! If your doctor has prescribed you an epinephrine auto injector, ask for a prescription for extra auto-injectors, in case you need them.
- ♥ Discuss tips to avoid cross-contact like:
  - Make sure utensils are clean before using.
  - Communicate before dating/kissing.
- ♥ Discuss high-risk locations and activities that may lead to unintentional allergen exposure:
  - Off campus dining
  - Social gatherings
  - Discuss with roommates how to clean shared food preparation space in dorms
  - Dating
- ♥ Finally, your food allergies don't have to limit your activities. All you need is a positive attitude, common sense, and a good plan!



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*Medical Contributors: Dr. Brian Schroer and Dr. David Stukus*