**Allergic reaction card**

**INSTRUCTIONS:** Cut out these food allergy dining cards and fold them in thirds. Then, fill them out and give them to friends, neighbors, teachers, coaches and others so they'll know what to do in the event of an allergic reaction.

### Food Allergy Card

- **Name**
- **Emergency contact name/relationship**
- **Emergency contact phone number**

**Signs I'm having an allergic reaction:**
- Skin irritation such as hives or itchiness
- Nausea or vomiting
- Swelling of lips, tongue or mouth
- Trouble swallowing or tightness of throat
- Difficulty breathing, wheezing or sneezing
- Loss of consciousness

**In order for me to stay healthy at school and avoid a potentially dangerous allergic reaction, I must avoid all foods marked with an X:**
- **Dairy**
- **Egg**
- **Shellfish**
- **Fish**
- **Other**

Please make sure that my food does not contain or come in contact with any of the ingredients.

**What should you do?**
- Follow my allergic reaction action plan and give epinephrine as indicated.
- Send for help.
- Locate my emergency kit containing epinephrine.
- Stay calm.
- Encourage me to take deep, slow breaths.
- Stay with me until help arrives.

**No immediate improvement?**
If I'm still showing signs of an allergic reaction after epinephrine has been administered, give a second dose of epinephrine.

**Call 911 if:**
- Epinephrine has been given
- The medicine isn't helping
- My lips or fingernails are blue
- You are in doubt

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