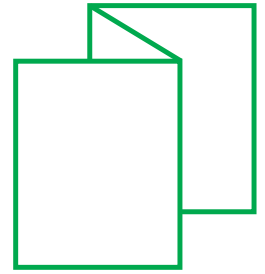



# Allergic reaction card



**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.

FOLD ↓

FOLD ↓



**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:

<input type="checkbox"/> Dairy	<input type="checkbox"/> Soy
<input type="checkbox"/> Egg	<input type="checkbox"/> Tree nuts
<input type="checkbox"/> Shellfish	<input type="checkbox"/> Wheat
<input type="checkbox"/> Fish	<input type="checkbox"/> Peanuts
<input type="checkbox"/> Other <input type="text"/>	


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

**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

  
**Children's**<sup>™</sup>  
Healthcare of Atlanta

FOLD ↓

FOLD ↓



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