

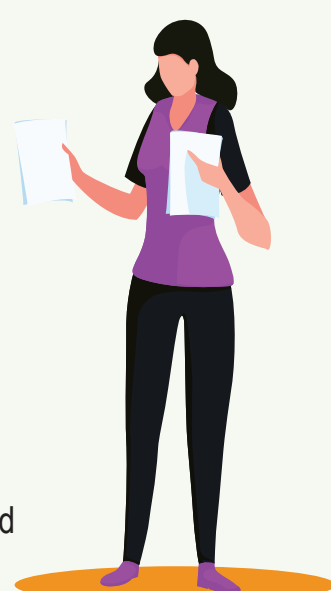
# Food Allergy

## LIFESTYLE MANAGEMENT TIPS

2021  
Checklist

### Preparation is the key to keeping food allergy disruptions to a minimum

Now that you have someone in the family who has a food allergy, your life will have to adjust. While the details and the many ways you'll have to be vigilant seem endless, it's understandable if you feel overwhelmed. One way to manage the stress is to create a plan that not only meets the challenging moments but is perfect, specifically for what's needed when you and your child are stressed. We get it. We've put together some tips to help you keep your head in the food allergy management game.



#### Pick 3 Rockstars.

Think about the 3 people in your life who you know will jump in and be there to help if your child has an awful food allergy reaction incident. These folks are low-to-no drama and can stay cool under pressure.

**Create a text group to quickly ask for help.**



#### Pick Easy-to-Remember Spots.

If you're like most parents or caregivers, you wear many hats, including being the family tracker of all things. Now you have to keep track of your child's epinephrine pens. **Find 2-3 locations and stash them away.** Just don't forget!

*BTW: Avoid extreme temperatures. ☺*



#### Stay Calm. Stay Positive.

As parents, we can be our own worst critic, especially when it comes to taking care of our kids. You're doing great!, But during difficult times, it can be hard to remember just how amazing that you are. **If you need a reminder, come back here to visit.**



#### Take Your Plan Everywhere.

As folks who either have food allergies or know people who do, we know that recalling all of the details for how to manage them can be tough. We got you. **Download the \*Alerje Food Allergy Management app.** It'll be there when you need it the most.

\* available for iOS and Google Android

**\* We also recommend that you create a Food Allergy & Anaphylaxis Emergency Care Plan.**



**You Got This!**

**Make Every Moment Count**