



FAAN

THE FOOD ALLERGY &
ANAPHYLAXIS NETWORK

[<http://www.foodallergy.org/>]

Be a PAL Program

Be a PAL: Protect A Life™ From Food Allergies is an educational awareness program designed to help parents and educators teach students what food allergies are and how to help their friends who have food allergies.

The PAL program teaches five simple steps kids can take to keep their classmates safe:

1. Food allergies are serious. Don't make jokes about them.
2. Don't share food with friends who have food allergies.
3. Wash your hands after eating.
4. Ask what your friends are allergic to, and help them avoid it.
5. If a friend who has food allergies becomes ill, get help immediately!

A PAL Hero is someone whose actions help prevent a serious allergic reaction, or even save a life. Honor PAL Heroes with special recognition and the PAL Hero Award certificate.

Bring the PAL program to your school today! Make a classroom presentation, provide information for school health fairs, or take advantage of other opportunities to spread awareness. The following resources can help:

-  [Be a PAL Brochure \[http://www.foodallergy.org/files/PALBrochure.pdf\]](http://www.foodallergy.org/files/PALBrochure.pdf)
-  [Be a PAL Poster \[http://www.foodallergy.org/files/PALposter.pdf\]](http://www.foodallergy.org/files/PALposter.pdf)



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[\[http://www.foodallergy.org/files/PALBrochure.pdf\]](http://www.foodallergy.org/files/PALBrochure.pdf) **Be a PAL Hero Award: Kids**
[\[http://www.foodallergy.org/files/palheroaward.pdf\]](http://www.foodallergy.org/files/palheroaward.pdf)
- [\[http://www.foodallergy.org/files/palheroaward2.pdf\]](http://www.foodallergy.org/files/palheroaward2.pdf)

[\[http://www.foodallergy.org/files/PALBrochure.pdf\]](http://www.foodallergy.org/files/PALBrochure.pdf)
Be a PAL Hero Award: Adults [\[http://www.foodallergy.org/files/palheroaward2.pdf\]](http://www.foodallergy.org/files/palheroaward2.pdf)
- 
[\[http://www.foodallergy.org/files/Girl_scouts_badge.pdf\]](http://www.foodallergy.org/files/Girl_scouts_badge.pdf) **Be a PAL Patch Program for Girl Scout**
Councils [\[http://www.foodallergy.org/files/Girl_scouts_badge.pdf\]](http://www.foodallergy.org/files/Girl_scouts_badge.pdf)

The posters are also available for purchase, and FAAN has a variety of products with the Be a PAL logo, such as pencils, clipboards, lanyards, tote bags, and mugs. Browse and purchase products in FAAN's online shopping cart or call (800) 929-4040 to order yours today.

Interested in educating people about food allergies while doing a fundraiser? Do your kids want an excuse to wear pajamas, a crazy hat, or something else wacky you wouldn't normally wear to school? Designating a day to promote food allergy awareness is a quick and easy way to get people involved and teach them how to **Protect A** Life from Food Allergies. Have a **Food Allergy PAL Day** [[./page/food-allergy-pal-day1](#)] at your school or office today!

FAAN Walk for Food Allergy [<http://www.foodallergywalk.org>] | **FAAN Events** [<http://www.foodallergyevents.org>]

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Teen [<http://www.faanteen.org>] | **FAAN College Network** [<http://www.faancollegenetwork.org>] | **Fc**

[\[http://www.foodallergyalliance.org\]](http://www.foodallergyalliance.org)

Food Allergy Action Plan

Name: _____ D.O.B.: ____ / ____ / ____

Allergy to: _____

Weight: _____ lbs. Asthma: Yes (higher risk for a severe reaction) No

Place
Student's
Picture
Here

Extremely reactive to the following foods: _____

THEREFORE:

- If checked, give epinephrine immediately for ANY symptoms if the allergen was *likely* eaten.
- If checked, give epinephrine immediately if the allergen was *definitely* eaten, even if no symptoms are noted.

Any SEVERE SYMPTOMS after suspected or known ingestion:

One or more of the following:

LUNG: Short of breath, wheeze, repetitive cough
 HEART: Pale, blue, faint, weak pulse, dizzy, confused
 THROAT: Tight, hoarse, trouble breathing/swallowing
 MOUTH: Obstructive swelling (tongue and/or lips)
 SKIN: Many hives over body

Or **combination** of symptoms from different body areas:

SKIN: Hives, itchy rashes, swelling (e.g., eyes, lips)
 GUT: Vomiting, crampy pain



- 1. INJECT EPINEPHRINE IMMEDIATELY**
2. Call 911
3. Begin monitoring (see box below)
4. Give additional medications:*
 -Antihistamine
 -Inhaler (bronchodilator) if asthma

*Antihistamines & inhalers/bronchodilators are not to be depended upon to treat a severe reaction (anaphylaxis). USE EPINEPHRINE.

MILD SYMPTOMS ONLY:

MOUTH: Itchy mouth
 SKIN: A few hives around mouth/face, mild itch
 GUT: Mild nausea/discomfort



- 1. GIVE ANTIHISTAMINE**
2. Stay with student; alert healthcare professionals and parent
3. If symptoms progress (see above), USE EPINEPHRINE
4. Begin monitoring (see box below)

Medications/Doses

Epinephrine (brand and dose): _____

Antihistamine (brand and dose): _____

Other (e.g., inhaler-bronchodilator if asthmatic): _____

Monitoring

Stay with student; alert healthcare professionals and parent. Tell rescue squad epinephrine was given; request an ambulance with epinephrine. Note time when epinephrine was administered. A second dose of epinephrine can be given 5 minutes or more after the first if symptoms persist or recur. For a severe reaction, consider keeping student lying on back with legs raised. Treat student even if parents cannot be reached. See back/attached for auto-injection technique.

Parent/Guardian Signature

Date

Physician/Healthcare Provider Signature

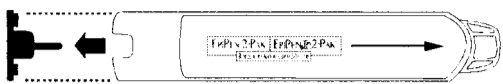
Date

TURN FORM OVER

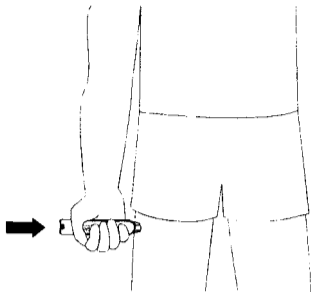
Form provided courtesy of FAAN (www.foodallergy.org) 7/2010

EPIPEN Auto-Injector and EPIPEN Jr Auto-Injector Directions

- First, remove the EPIPEN Auto-Injector from the plastic carrying case
- Pull off the blue safety release cap



- Hold orange tip near outer thigh (always apply to thigh)

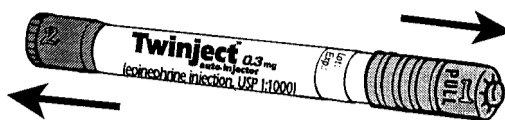


- Swing and firmly push orange tip against outer thigh. Hold on thigh for approximately 10 seconds. Remove the EPIPEN Auto-Injector and massage the area for 10 more seconds



DEY® and the Dey logo, EpiPen®, EpiPen 2 Pak®, and EpiPen Jr 2 Pak® are registered trademarks of Dey Pharma, L.P.

Twinject® 0.3 mg and Twinject® 0.15 mg Directions



Remove caps labeled "1" and "2."

Place rounded tip against outer thigh, press down hard until needle penetrates. Hold for 10 seconds, then remove.



SECOND DOSE ADMINISTRATION: If symptoms don't improve after 10 minutes, administer second dose:

Unscrew rounded tip. Pull syringe from barrel by holding blue collar at needle base.

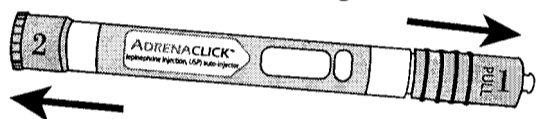


Slide yellow collar off plunger.

Put needle into thigh through skin, push plunger down all the way, and remove.



Adrenaclick™ 0.3 mg and Adrenaclick™ 0.15 mg Directions



Remove GREY caps labeled "1" and "2."



Place RED rounded tip against outer thigh, press down hard until needle penetrates. Hold for 10 seconds, then remove.

A food allergy response kit should contain at least two doses of epinephrine, other medications as noted by the student's physician, and a copy of this Food Allergy Action Plan.

A kit must accompany the student if he/she is off school grounds (i.e., field trip).

Contacts

Call 911 (Rescue squad: (____)____-____) Doctor: _____

Phone: (____)____-_____

Parent/Guardian: _____

Phone: (____)____-_____

Other Emergency Contacts

Name/Relationship: _____

Phone: (____)____-_____

Name/Relationship: _____

Phone: (____)____-_____