

How Your Friends Can Be Your PALs

What can you do to help friends with food allergies? Follow these five easy steps from The Food Allergy & Anaphylaxis Network's Be a PAL: Protect A Life™ from Food Allergies program.



1. Never take food allergies lightly.
2. Don't share food. Something that you are eating might cause someone else to have an allergic reaction.
3. Wash your hands after eating. Some people can have a reaction from just coming into contact with a food that they are allergic to.
4. Ask your friends what they are allergic to and help them avoid it. Learn how to read food labels and remind your friends to do it before they eat.
5. Get help immediately if a schoolmate has a reaction. At school, find the nurse, a teacher or other adult. At your house, tell your parent. In some cases, you may need to call 911 for medical help. Your friend may need to take medication such as Benadryl or epinephrine to control a reaction and may also need to get to a hospital as soon as possible.

**If you have a food allergy, teach your friends about it.
Ask them to be your PAL—they can help you stay healthy.**



See how good of a PAL you are by writing what you would do in the following situations.



1. You just finished a soccer game, and you're sitting on the bus with your friend Patricia. You know that Patricia is allergic to peanuts. She is about to take a bite out of a candy bar. Before she does, you remind her to:

2. You had an egg-salad sandwich for lunch. After lunch, you're off to art class, where you'll be sharing supplies with your friend Peter. You know that Peter is allergic to eggs. Before you head to class, you:

3. Your friend Kate is coming to your house for dinner. You know that she is allergic to a few foods, but you're not exactly sure which ones. Before your parents prepare the meal, you ask Kate:

4. You're sitting at the lunch table with your friend Michael. Michael is allergic to milk. He has a few bites of pasta that he didn't know had butter on it. You immediately: