

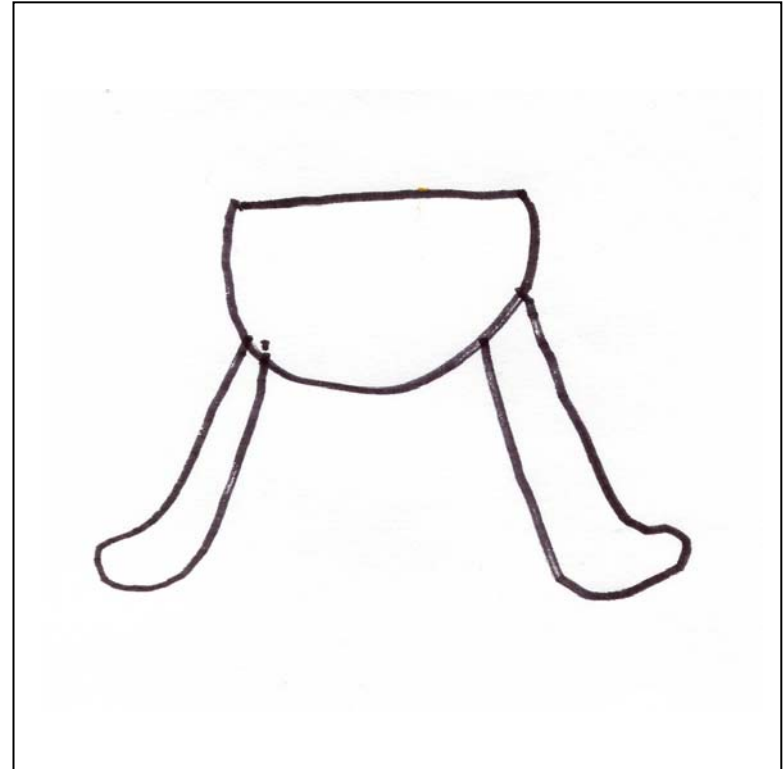
How to create your own Epi-Man costume



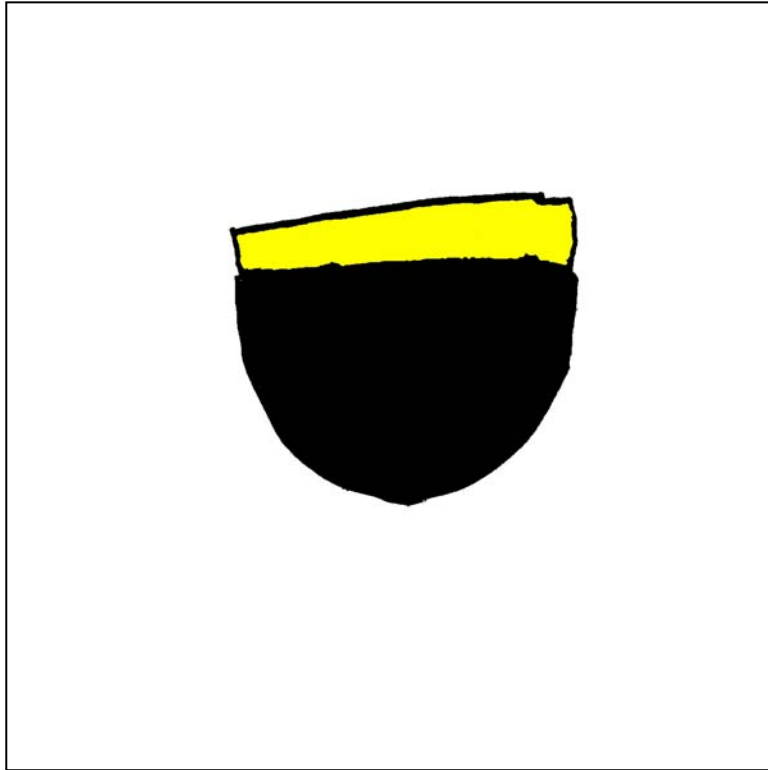
- In the fall of 2004, 6-year-old Max created Epi-Man to try to get the politicians at Queen's Park in Ontario to vote for Sabrina's Law (Bill 3, An act to protect anaphylactic pupils). You can read about the history of Epi-Man at <http://www.epi-man.com>.
- With the help of his Epi-Mom, Max also designed his own Epi-Man costume. He used the colours of his EpiPens[®] – white, yellow, and black – as inspiration.
- Read on to find out how to make your own Epi-Man (or Epi-Woman) costume...
- Epi-Man's motto: *"You too can be a hero!"*



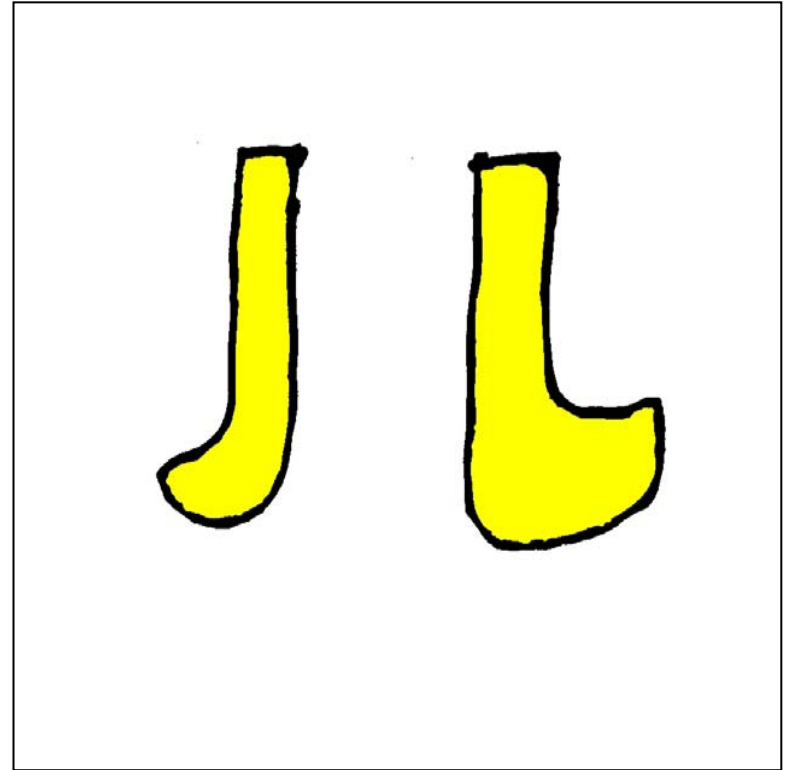
1. On a white t-shirt, iron on a picture of Epi-Man (you can use Avery® T-Shirt Transfer Paper). Download one of the Epi-Man pictures from the [Epi-Man web site](#), or make your own.



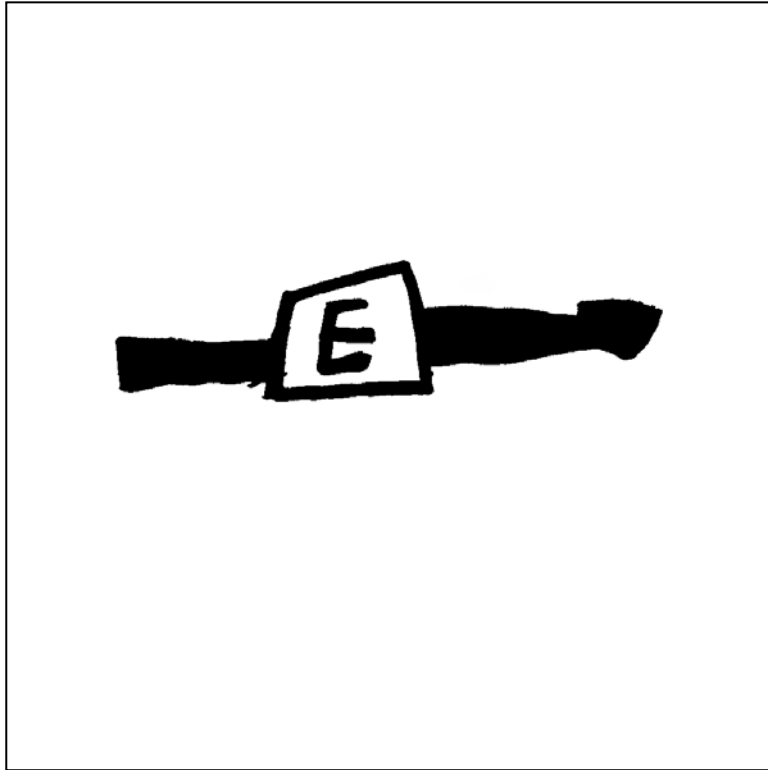
2. Buy some white tights. Make sure they are comfy, especially if you are not used to wearing tights!



3. Get some black undies to go over the tights. (Max used his Batman Underoos[®] undies!)



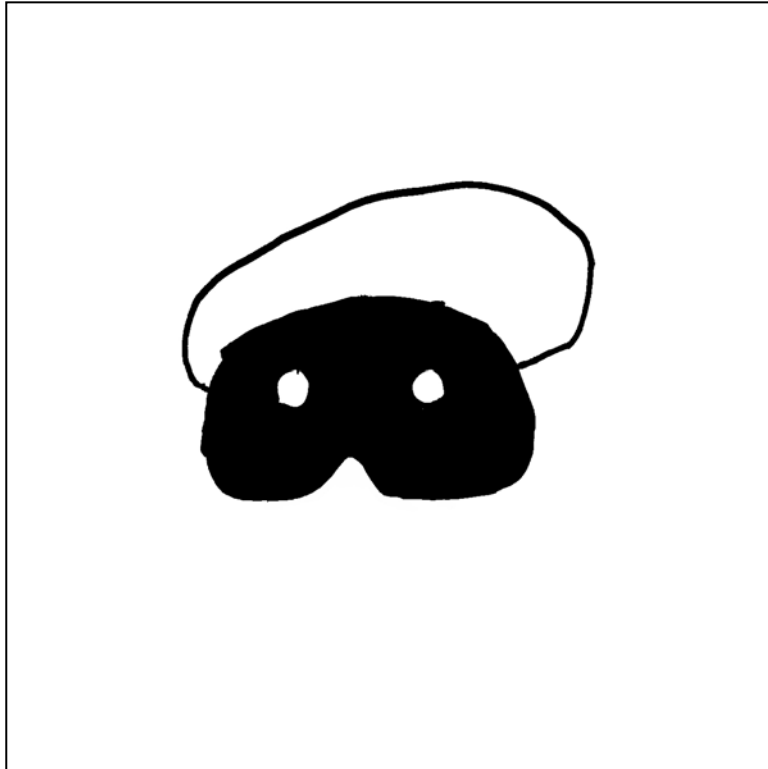
4. Find some bright yellow rubber boots. (We found some at Wal-Mart[®].)



5. Find a black belt that can carry your EpiPens®. (We used Max's E-BELT®.)



6. Get your mom or dad to help you make a white cape with yellow trim. Print the word “Epi-Man” or “Epi-Woman” on a piece of yellow felt and sew it to the back of the cape. If you want, put some rhinestones around the yellow felt to add some colour!



7. Make a black mask. Masks are tricky: for us, the best method was to cut out three copies of the same mask from black felt, and then glue those pieces together. But you can also use bristol board. Then use elastic string to hold it onto your head.



8. Lastly, practice flying around looking for allergic kids to rescue. Epi-Man's main goal is to keep kids safe by making sure that no one gives them unsafe food, and by helping them if they are having an allergic reaction. **Remember: you too can be a hero!**