

Be a Hero!! Be like...



How can you be a hero...?

If you have severe food allergies...

- Always wear your Epi-Pen® or Twinject® auto-injector
- Wear a MedicAlert® bracelet
- Don't eat food unless you or your parents have checked the ingredients first
- Teach others about allergies and anaphylaxis so they can help you stay safe!

If you know someone with severe food allergies...

- Don't share food or drinks with your allergic friends – it could make them sick
- Always wash your hands after you have eaten
- Tell an adult if you think a friend is having an allergic reaction
- Learn about allergies and anaphylaxis so you can help keep your allergic friends safe!

For more info about life-threatening food allergies, go to
... www.epi-man.com ...