

Epi-Man Jr. says...
You can be a hero too!!



How can you be a hero?

If you have allergies...

- Always wear your Epi-Pen® or Twinject™
- Wear a Medic Alert 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 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 an allergic friend is having an allergic reaction
- Learn about allergies and anaphylaxis so you can help keep your allergic friends safe!