

# HOW TO HELP YOUR FRIENDS WITH LIFE-THREATENING ALLERGIES.



1

## Learn which allergens they need to avoid.

The more you know, the more you can help your friends. Find out what foods or other allergens, like bee stings, they need to avoid, and help them be on the lookout.



2

## Don't share food.

Even a small bite of your favorite cookie or sandwich can cause an allergic emergency in your friend if he or she is allergic. Be careful about sharing silverware, cups, and napkins, too.

3

## No pranking.

Your friend didn't choose to have life-threatening allergies, so never make fun of them. And never, ever trick your friend into eating a food or playing a joke on them that causes them to come into contact with an allergen. It may cause an allergic emergency, a trip to the hospital, or worse.



4

## Get help fast.

If your friend with life-threatening allergies eats food they are severely allergic to, gets stung by a wasp or bee, or comes into contact with another allergen they are allergic to, like a latex balloon, their skin may turn red or become itchy. Or they may have trouble breathing, feel faint or nauseous, or throw up. Don't waste any time; tell your teacher, school aide, nurse, or other adult immediately.

