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|  | ***Put it in Practice*** |

**Becoming Independent**

Minimizing risks and maintaining control of your asthma/food allergies

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| **Start with the basic necessities…** |  |
| ***Location, LOCATION, LOCATION!*** |  |
| \_\_\_ Identify hospitals and emergency facilities near new location that accept your insurance\_\_\_ Check with your insurer as to which pharmacies are covered in your plan and identify nearest location |
| **Medical records:** Eases you quickly into entering a new healthcare environment, and provides the information needed for your providers to make sound decisions which best serve you. |
| \_\_\_ Medical Card, \_\_\_ Dental Card, \_\_\_ Prescription Card\_\_\_ Obtain a copy of most recent physician visits* Laboratory results
* Allergy Testing Results

\_\_\_ Provide a list of drug allergies\_\_\_ Confirm that your vaccines are all to date, as well as appropriate for the new environment you are entering, e.g.: meningitis, HPV, etc.\_\_\_ Assemble a list of current medications, and request new prescriptions be sent to new pharmacy for your transition period* Daily maintenance
* Seasonal adjustment meds
* “as needed” and “rescue meds: e.g.: epinephrine injection
* Double check the meds in your possession now for expiration dates and, if a device, proper function

Provide your new pharmacy location with your new prescriptions, and the transfer of refills from your old pharmacy for those that are still current. |
| Current allergist no longer near your new home? Refer to **“Find an Allergist”** at the website **www.ACAAI.org** to locate a board certified allergist that is near you. Verify that they are in your insurance network.College bound? Contact school regarding:\_\_\_ Special accommodation policies\_\_\_ Necessary paperwork\_\_\_ Prescreening roommates |

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| ***Checklist Review of issues to address in food allergies*** |
| \_\_\_ Provide new school, resident assistant, and roommates list of current allergens to avoid* \_\_\_ Provide list of alternate names used on labeling

\_\_\_ Review how cross-contamination can occur during food preparation\_\_\_ Role-play to help practice conversations with roommates, new relationships\_\_\_ Consider touring food preparation facility, and meeting with the chef to discuss safe food preparation\_\_\_ Review when and how to use self-injectable epinephrine\_\_\_ Discuss high-risk locations, and activities that may lead to accidental allergen exposure\_\_\_ Recommend medical identification jewelry\_\_\_ Review and update **Anaphylaxis Action Plan** |
| ***Resources for Self-Directed Information*** |
| www.foodallergy.orgwww.medicalert.org | www.foodallergyteens.tumblr.comwww.kidswithfoodalergies.org |
| ***Online Resource Tailored for Teenagers*** |
| www.foodallergy.org/resources/teens |

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| ***Checklist Review of Issues to Address in Asthma & Allergic Rhinitis*** |
| Considerations for new housing:* Identify potential exposures:

\_\_\_ Indoor and outdoor aeroallergens\_\_\_ Particular Pollutants (motor vehicle traffic, manufacturing plants)* Inspection for:

\_\_\_ Mold\_\_\_ Cockroaches, Rodents\_\_\_ Pets (including prior resident ownership)\_\_\_ Tobacco smoke\_\_\_ Heating and ventilation system: avoid forced air. Note: if forced air, prefer to have direct access to replaceable filtration\_\_\_ Review environmental control measures including dust mite control and use of air conditioning during pollen seasons | Verify device technique & cleaning requirements\_\_\_ MDI, Spacer Chamber, DPI, Respimat\_\_\_ Peak Flow Meter (if previously utilized)\_\_\_ Nebulizer\_\_\_ Nasal Irrigation and sprays\_\_\_ Update and review Asthma Action PlanRecommend discussion to be held with the roommates regarding:\_\_\_ Allergens/irritants to be avoided\_\_\_ Cleaning arrangements |
| ***Resources for Self-Directed Information*** |
| www.acaai.org/asthmawww.acaai.org/allergies | www.allergyasthmanetwork.orgwww.pollen.com |