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.org  [www.medicalert.org](http://www.medicalert.org) | www.foodallergyteens.tumblr.com  www.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 Plan  Recommend discussion to be held with the roommates regarding:  \_\_\_ Allergens/irritants to be avoided  \_\_\_ Cleaning arrangements |
| Resources for Self-Directed Information | |
| www.acaai.org/asthma  www.acaai.org/allergies | www.allergyasthmanetwork.org  www.pollen.com |

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| **Name** |  |

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| **Known Drug Allergies** |  |  |

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| **Current Medications** | **Dosage** |
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| **My Pharmacy** |
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| **My Allergist** |
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|  | **Known Allergens** |