

■ Allergy Advocacy Toolkit

Whether you're a student, parent, or educator, your voice matters. Use these creative and powerful tools.

■ 1. Adopt a School Advocacy Plan

- Choose a school and assess its allergy safety readiness.
- Use our checklist to ask about EpiPens, allergy policies, and staff training.
- Deliver a printed info pack and request a meeting with a school leader.
- Submit a follow-up form to Allergy Alliance to show your impact!

■ 2. Host an Allergy Awareness Week

- Use our day-by-day guide: Story Monday, Safety Demo Wednesday, Blue Shirt Friday.
- Hang up posters, distribute flyers, and run a 'Know the Signs' quiz.
- Invite a school nurse or doctor to speak at an assembly.

■■■■■ 3. Start an Allergy Ambassador Club

- Gather students who want to promote allergy awareness.
- Organize projects like safety badge campaigns, EpiPen demos, or food drives.
- Track your activities and get featured on the Allergy Alliance website!

■ 4. Create Emergency Allergy Binders for Classrooms

- Fill binders with allergy sheets, symptom charts, emergency numbers, and instructions.
- Deliver them to classrooms, school offices, and aftercare programs.
- Include laminated 'Allergy Alert' checklists for substitutes and field trips.

■ 5. Push for District-Wide Policy Change

- Write a proposal or sign a petition requesting mandatory stock epinephrine.
- Gather signatures from parents, students, and staff.
- Present your petition at a PTA, school board, or city council meeting.

Every action counts. Let's build an allergy-safe future. – Allergy Alliance