



## RED SNEAKERS FOR OAKLEY - TOP 10 TIPS FOR A **HEALTHFUL HOLIDAY** SEASON

This Holiday Season, **Red Sneakers for Oakley** encourages everyone to take precautions while entertaining to ensure that family members, party guests, and friends alike with food allergies stay safe during the Holidays!

- (1) **Always ask.** When preparing food for multiple guests, always ask if anyone has a food allergy and be mindful of the ingredients you use in preparation.
- (2) **Call ahead.** If going over to someone else's house for dinner or other gatherings, be sure to inform the hosts of your food allergies. They could ensure a safe environment before you arrive and avoid the awkward rush to put something away.
- (3) **Don't use and reuse.** Food allergens can be spread through kitchen utensils. Don't use the same serving spoon you use for the pecan pie for the nut-free pumpkin pie. Avoid cross contamination.
- (4) **Check gifts closely.** Well-meaning relatives may bring food items to your home or send gift baskets. Ask about ingredients, and look closely at labels.
- (5) **Fly safely.** If flying to see relatives, check with your airline about their food allergy protocols and policies.
- (6) **Learn the language.** If traveling overseas, learn how to say your allergy in that country's language. Make flash cards with written warnings.
- (7) **Speak up.** Be sure to tell your friends and family about your food allergies and what they need to do in case you have a reaction. Have an emergency action plan.
- (8) **Never leave home without it.** Make sure you always have an epinephrine injector on hand in the event of allergen exposure. Better yet, make it two.
- (9) **Know the symptoms.** Allergic reactions can range from hives to nausea to trouble breathing. When more than one internal system is involved, act fast.
- (10) **Inject first, then call 911.** If you suspect anaphylaxis, use your epinephrine auto-injector. Then, call 911.