



Ready for the next step after high school? This checklist provides a quick, at-a-glance look at the most critical areas to consider on the journey to attending college. For much more detail and in-depth checklists, read the rest of FAACT's College Toolkit.

### 1. Contact the Disabilities Office

- ❑ Contact the Disabilities Office or Academic Support Office to establish the food allergy accommodations you need.
  - o Secure a meeting ASAP! The Covid-19 pandemic has affected staffing levels and office hours, so you may experience longer wait times.

### 2. Dish with Dining Services

- ❑ Speak with Dining Services administrators to confirm how you will eat safely on campus.
- ❑ Ensure you understand your responsibilities and the school's responsibilities.

### 3. Explore Housing Options

- ❑ Talk with your board-certified allergist about whether you need allergens to be kept completely out of the room or if it's okay for your roommate to have them.
- ❑ Talk to Housing administrators about securing a medical single (if needed) or how you can be matched with a roommate who will support your food allergy needs in the dorm room.
- ❑ Find out if additional documentation is needed from your doctor.

### 4. Speak with Professors, Teaching Assistants, and Other Staff

- ❑ Speak with or email all the people you might interact with in class (including student workers) to give them a heads up about your food allergies.
  - o Certain classes can involve the use of food allergens, such as proteins used in labs.

### 5. Explore Emergency Services

- ❑ Plan how you will carry auto-injectable epinephrine with you at all times and where to store medications in an easily accessible location in your dorm room.
- ❑ Find out how to call for help on campus. (Some colleges require students to call campus security rather than 911.)
- ❑ Learn where local hospitals are in the event of an emergency.

### 6. Manage Your Health

- ❑ Schedule a doctor's appointment to create or review an [Allergy & Anaphylaxis Emergency Plan](#), request prescriptions for the upcoming year, and review your current health status.
  - o Confirm whether your college requires students to have the Covid-19 vaccination (and what proof is required).
- ❑ Mental health is equally essential. Create a plan to manage anxiety and stress. Try new [coping](#) techniques.
  - o College is fun, but it can be overwhelming, especially during the first few months. Do at least one thing that you love every day, whether it's reading a book, going for a run, watching silly videos, or something else entirely!

### 7. Educate New Friends

- ❑ You will meet many new people at college. Some will become lifelong friends. Get comfortable with a plan to tell new friends, roommates, and other students about your food allergies and where you carry emergency epinephrine auto-injectors.
  - o You are not a burden. College students have shared that they want to know about friends with food allergies so they can help during an emergency.
- ❑ Do you have a "sign" if you need epinephrine? You might be too far away for someone to hear you clearly, and anaphylaxis can make it difficult to speak. [Learn FAACT's Fist to Thigh "Sign"](#) and share it with your friends!