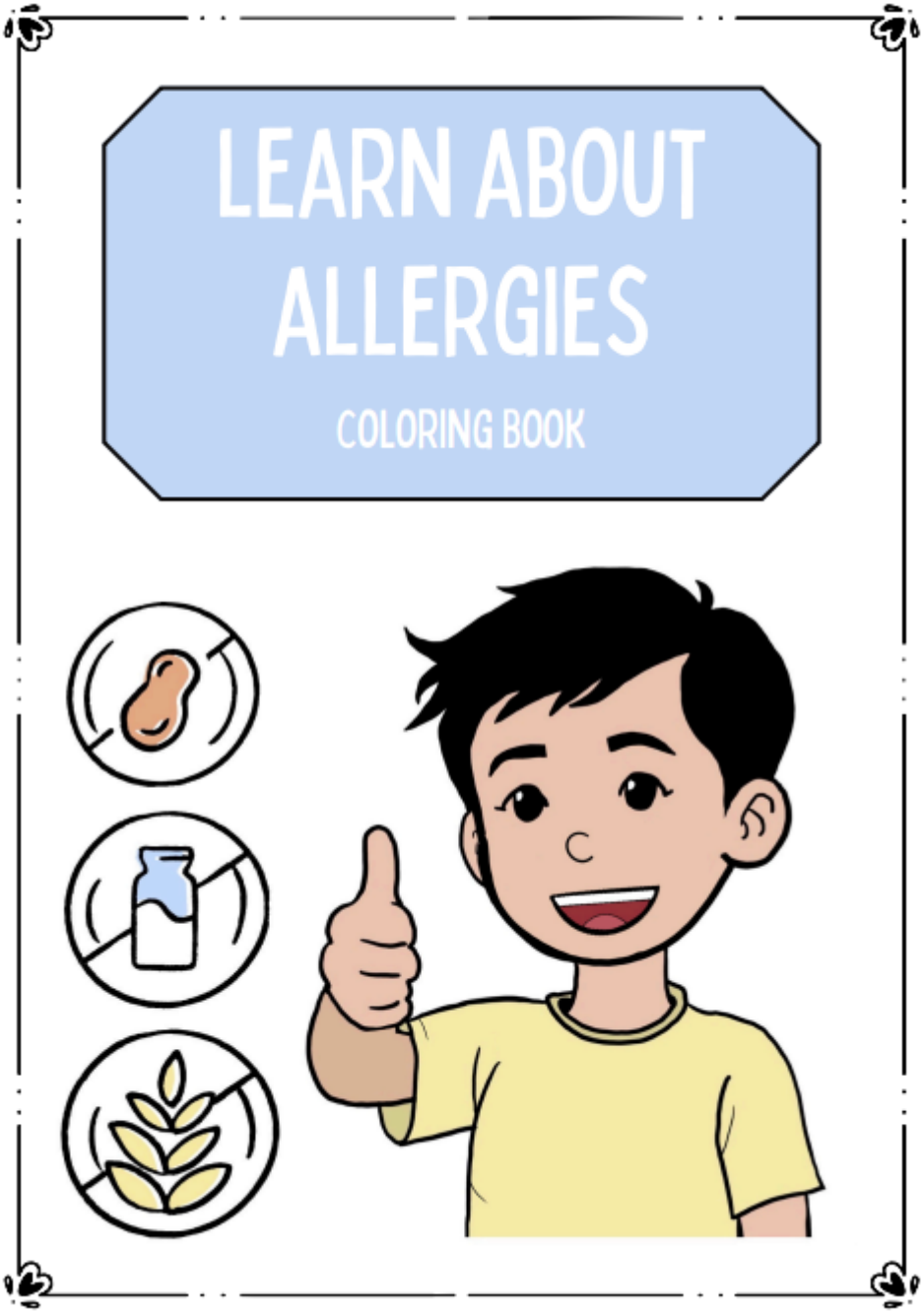
Food Allergies- Epinephrine hints and a free coloring book



For a free electronic copy of a food allergy coloring book, write us at twopedsinapod@gmail.com

As kids head back to school, it’s a good time to review how to administer your food-allergic kid’s emergency epinephrine. Dr.

Lai, who has two young adults who grew up with food allergies, and Dr. Kardos offer these hints:

-Double check to make sure the medication has not expired. Also, make sure you are giving the school medication that does not expire in the middle of the school year.Double check to make sure the medication has not expired. Also, make sure you are giving the school medication that does not expire in the middle of the school year.

-What about antihistamine or asthma medications? Yes, go ahead and send them in with your child, but remember, only epinephrine can reverse the life-threatening symptoms of an anaphylaxis. Other medicines like antihistamines cannot stop the reaction.

-Be aware that the safety caps on different epinephrine pens can look different. So, open a pen up, examine it, and refresh your memory on instructions for administration.

-Have at least 2 doses available in case one dose is not working, 911 is taking longer than expected to arrive, or something goes awry with administration of a first dose.

-There is a nasal spray form of epinephrine which is under the brand name Neffy. Since it is newer, check with the school nurse whether they are familiar with administration.

How-to video on epinephrine injection as part of a girl scout silver award project-note that some devices have shorter hold times. Be sure to read the directions for your own device.

Naline Lai, MD and Julie Kardos, MD

©2026 Two Peds in a Pod®