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**FOOD OIT CHECKLIST
FOR EACH UPDOSING APPOINTMENT**

- 1) Is your child: sick, vomiting or having asthma exacerbation, If yes, phone the office
- 2) Did your child take their antihistamine i.e. Rupall, Reactine or Blexten?
- 3) If your child has asthma did they take their preventer medication?
- 4) Did you bring your child's epinephrine auto-injector?
- 5) Did your child recently eat a snack or bring it with them?
- 6) Did you bring the next food dose to eat?
- 7) Do you bring something for your child to do for 1 hour of quiet activity?