



Be a PAL[®]

to Friends with Food Allergies

You can help **Protect A Life (Be a PAL[®])** by:

Knowing food allergies can cause death.

Not sharing your food with friends who have food allergies.

Washing your hands after every meal.

Helping your friend with food allergies get their medicine right away, if they look or feel sick.

You can learn more about food allergies at
www.foodallergy.org/BAP