Food Allergy Checklist

Fairfield University has resources available to assist students with food allergies. The University recognizes allergic reactions to food are an important health issue. We are asking incoming students to review the checklist below and to carefully follow each directive. These anticipatory health guidelines will help assure a safe transition to on-campus dining and community living.

PRIVATE ALLERGIST OR PHYSICIAN:

_____ Complete the student’s “Food Allergy Action Plan” form.

_____ Educate the student in allergen avoidance, identification of allergic reactions, and self management of allergic reactions to food.

STUDENT:

_____ Submit the required “Undergraduate Student Medical Report” form detailing your food allergy and health history.

_____ Submit the individualized “Food Allergy Action Plan” form (completed by your allergist).

_____ Complete and submit the “Release of Health Information” form to allow communication between members of your personal “Food Allergy Support Team.”

_____ Arrange a meeting or phone consultation with the Student Health Center nurse to discuss campus resources for students with food allergies and campus emergency procedures.

_____ Arrange a meeting with the Dining Services manager to learn how to safely eat in Dining Services with your specific food allergies. If possible, please arrange this meeting before the new semester move-in day.

_____ Contact Accessibility in the Academic and Career Center located in the Kelley Center if you want to register with the University as a student with a disability.

Students need to be proficient in self management of food allergies. This includes:

_____ Wear your “Medic Alert” identification at all times.

_____ Carry your “Epi-pen” (Epinephrine Auto-injector) with you at all times.

_____ Learn how to avoid your specific food allergen (see Resources below).

_____ Learn to identify signs and symptoms of an allergic reaction and how to initiate self treatment as directed by your physician in your “Food Allergy Action Plan” form.

_____ Carry a copy of your “Food Allergy Action Plan” form with you at all times.

_____ Learn how to access Emergency Medical Services at college.
____ Carry your Health Insurance card at all times.
____ Be aware of the effects of alcohol and/or drug use on your judgment and your ability to identify and manage an allergic reaction to food.
____ Discuss your food allergy with your roommate. (It is reasonable to ask your roommate to NOT bring allergens into your room.)
____ If you are a varsity athlete, discuss your food allergy with your sports medicine physician, athletic trainer, and coach.
____ Discuss your food allergy with your Resident Advisor.

STUDENT HEALTH CENTER:
____ Review the student’s “Undergraduate Medical Report” form and “Food Allergy Action Plan” form.
____ Meet or speak with students seeking a consultation regarding campus resources for students with food allergies and campus emergency procedures.
____ Review the student’s “Release of Health Information” form which allows communication between members of the student’s personal “Food Allergy Support Team.”

DINING SERVICES:
____ Meet with students seeking a consultation regarding food allergies to review the student’s specific food allergies.
____ Educate the student on available Dining Services resources to avoid allergic reactions to food; including:
   ____ availability and location of ingredient lists
   ____ availability of the “Simple Servings” station which is free of certain common food allergens (specifically wheat, dairy, tree nuts, soy, peanuts, gluten, eggs, and shellfish)

PUBLIC SAFETY:
____ Public Safety officers will respond to on-campus medical emergency calls. (Fairfield University’s Public Safety officers are also certified Emergency Medical Technicians.)

RESIDENCE LIFE:
____ Residence Life staff are trained to access emergency medical assistance immediately for students with medical emergencies.
CONTACT US

Student Health Center: (203) 254-4000, ext. 2241
Fairfield University Student Health Center
1073 N. Benson Rd. Fairfield, CT 06824
E-mail: health@fairfield.edu
www.fairfield.edu/healthcenter

Dining Services: Jim Fitzpatrick
E-mail: jfitzpatrick@fairfield.edu
www.fairfielddiningservices.com

Accessibility: E-mail: acdc@fairfield.edu
203-254-4081

Public Safety: (203) 254-4000, ext. 4090

Residence Life: (203) 254-4000, ext. 4215

Nutritionist: Mackenzie Gordon RD, LDN
Campus Dietitian; 203-254-4000, Ext. 3206
E-mail: mgordon@fairfield.edu

RESOURCES

Food Allergy Research and Education: www.foodallergy.org

“EpiPen” Instructions: See “Food Allergy Action Plan” form

Local Hospitals: St. Vincent’s Medical Center
2800 Main St. Bridgeport, CT 06606 (203) 576-6000

Bridgeport Hospital
267 Grant St. Bridgeport, CT 06610 (203) 384-3000

Local Allergists: Referrals are available through the Student Health Center

Medic Alert: www.medicalert.org

All food allergy related DOWNLOADABLE FORMS are available at www.fairfield.edu/foodallergies
The Undergraduate Student Medical Report is available at www.fairfield.edu/immunization

Please mail all completed forms to the Student Health Center prior to your arrival on campus.