

## 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 and educate the student in allergen avoidance, identification of allergic reactions, and self-management of allergic reactions to food.

### STUDENT:

- \_\_\_\_\_ Complete your on-line health history forms detailing your food allergy (go to [www.fairfield.edu/immunization](http://www.fairfield.edu/immunization) to access on-line forms and the student health portal).
- \_\_\_\_\_ 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 Campus Dietician 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 the *Office of Accessibility* located in the Academic Commons on the main floor of the DiMenna-Nyselius Library 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 Health History 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 "True Balance" station which is free of certain common food allergens (specifically wheat, dairy, tree nuts, soy, peanuts, gluten, eggs, shellfish and sesame)

#### **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](mailto:health@fairfield.edu)  
[www.fairfield.edu/healthcenter](http://www.fairfield.edu/healthcenter)

**Dining Services:** David Frassinelli  
E-mail [Dfrassinelli@Fairfield.edu](mailto:Dfrassinelli@Fairfield.edu)  
[www.fairfield.edu/dining](http://www.fairfield.edu/dining)

**Accessibility:** E-mail: [OOA@fairfield.edu](mailto:OOA@fairfield.edu)  
203-254-4000, Ext. 2615

**Public Safety:** (203) 254-4090

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

**Dietician:** Mackenzie Gordon, RD  
(203) 254- 4000, ext. 3206  
[mgordon@fairfield.edu](mailto:mgordon@fairfield.edu)

## RESOURCES

**Food Allergy Research and Education:** [www.foodallergy.org](http://www.foodallergy.org)

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

**Local Hospitals:** **Hartford Healthcare / 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](http://www.medicalert.org)

All food allergy related **DOWNLOADABLE FORMS** are available at <https://www.fairfield.edu/student-life/health-and-wellness/health-center/food-allergies/index.html> .

Undergraduate student health related on-boarding requirements are listed on [www.fairfield.edu/immunization](http://www.fairfield.edu/immunization) . Please complete your online health history form and health related onboarding requirements prior to your arrival on campus.

4/1/25