FOOD ALLERGIES ON CAMPUS

UD Dining supports students who have food allergies by providing information & knowledge that is necessary to make informed food choices. Here is how students can be proactive in the management of their food allergies:

ALLERGIC REACTIONS

1. GET HELP IMMEDIATELY - CALL 911 ON UD LIVESAFE APP OR 2222 FROM AN ON-CAMPUS PHONE
2. ADMINISTER YOUR EPINEPHRINE AUTO-INJECTOR OR TAKE AN ANTIHISTAMINE AS PRESCRIBED/RECOMMENDED BY YOUR PHYSICIAN - DO NOT IGNORE MINOR SYMPTOMS
3. DO NOT RETURN TO YOUR ROOM OR RESIDENCE BY YOURSELF - GO TO STUDENT HEALTH SERVICES
4. NOTIFY UD DINING OF FOOD-RELATED REACTIONS AS SOON AS POSSIBLE TO ADDRESS THE INCIDENT

INDIVIDUAL RESPONSIBILITIES

1. ALWAYS CARRY YOUR EPINEPHRINE AUTO-INJECTOR (I.E. EPI-PEN) AS PRESCRIBED/RECOMMENDED BY YOUR PHYSICIAN
2. BE PROACTIVE IN SELF-MANAGEMENT OF YOUR ALLERGIES
3. KNOW WHAT TO DO IN THE EVENT OF AN ALLERGIC REACTION (SEE BELOW)
4. SCHEDULE A CONSULTATION WITH UD DINING DIETITIAN AND STUDENT HEALTH SERVICES

RESOURCES

» CONTACT UD DINING DIETITIAN DEBRA MILLER, RD, LDN AT (302) 831-1008 OR DML@UDEL.EDU
» VISIT UDEL.EDU/DINING ➤ “ALLERGENS & DIETARY RESTRICTIONS” ➤ “GUIDE TO MANAGING FOOD ALLERGIES”
» CONTACT STUDENT HEALTH SERVICES AT (302) 831-2226
» VISIT UDEL.EDU/STUDENTHEALTH OR EMAIL HEALTHYHENS@UDEL.EDU FOR PROGRAMS & SERVICES