Children and Youth With Life-Threatening Allergies

A Shared Responsibility

Parent

- Inform the school of your child’s allergies and of any changes.
- Provide the school with doctor’s instructions for giving medication by having the doctor fill out the “Request for Administration of Medication at School” (available at the school).
- Provide the school with an up to date epinephrine auto-injector, and replace it before it expires (mark the expiry date on your calendar or register on-line).
- Provide your child with their own food from home when there are parties at the school.
- Teach your child:
  - To recognize the symptoms of an anaphylactic reaction and to seek help when the reaction is starting.
  - Where his/her epinephrine auto-injector is located.
  - The importance of hand washing.
  - To take their epinephrine auto-injector on field trips.
  - To not share snacks, lunches or drinks.
  - To give own epinephrine auto-injector (as age appropriate).
  - Encourage your child to share information with friends.

Student with Allergy

- Learn to recognize signs of an anaphylactic reaction.
- Promptly inform an adult if accidentally exposed to the allergen or if symptoms occur.
- Carry epinephrine auto-injector at all times or know where it is located.
- Know how to give epinephrine auto-injector to self (as age appropriate).
- Wash hands before eating.
- Eat only food brought from home.
- Take as much responsibility as age appropriate for avoiding allergens i.e. knows the name of all of the foods he/she is allergic to and reads the list of ingredients in prepackaged foods.
- Take responsibility for taking the epinephrine auto-injector on field trips (as age appropriate).
- Share information with friends (as age appropriate).
- Wears MedicAlert bracelet.

Resources

Epipen, Allerject and Twinject all have a free reminder service to help parents keep track of the expiry date.

- Register Epipens at www.epipen.ca
- Register Allerject at www.allerject.ca
- Register Twinjects at www.twinject.ca

Other Resources

- Anaphylaxis Canada www.anaphylaxis.org
- Canadian Society of Allergy and Clinical Immunology www.allergy-safe-communities.ca
- Canadian MedicAlert Foundation www.medicalert.ca
- BC Health Guide www.bchealthguide.org
- Health Canada www.healthcanada.ca

For more information and to speak to a Public Health Nurse, please call your local health unit.
To find a number and location near you visit our website www.vch.ca

For more copies, go online at https://vch.eduhealth.ca or email pheem@vch.ca and quote Catalogue No. FF.472.L54
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**Principal**

- Ensure students with life-threatening allergies are identified with a photo-poster for all school staff to review.
- Ensure staff have received instruction on anaphylaxis and the use of an epinephrine auto-injector (i.e. Epipen/Allerject/Twinject). This includes teachers, educational assistants, secretaries and noon-hour supervisors.
- Ensure a system is in place to inform teachers-on-call (TOCs) of students with life-threatening allergies.
- Ensure emergency response plan is created and reviewed annually.
- Ensure a designated cupboard or drawer is available for storing epinephrine auto-injector and care plans.
- Have a plan in place for when the identified allergen is brought into the classroom.
- Establish a safe procedure for fire drills, field trips and extra-curricular activities.
- Ensure an information letter is sent home with the students in the classroom of the child with the life-threatening allergy.

**Teacher**

- Review class’ medical information forms to identify allergies in the classroom.
- Leave information in an accessible location for teachers-on-call (TOCs).
- Receive training on how to recognize anaphylaxis and how to use epinephrine auto-injector.
- Remind the child to bring his/her epinephrine auto-injector on field trips and ensure telephone access on these trips.
- Reinforce hand washing before and after eating.
- Discuss anaphylaxis with the class, if age appropriate. Discussion includes not teasing and bullying children with allergies.
- Encourage students not to share or trade snacks, lunches or drinks.
- Hang signs on classroom doors reminding of allergies in the classroom.
- Avoid identified foods in class activities or parties.

**Public Health Nurse**

- Provides consultation and education to staff, students and parents regarding prevention and management in the school setting.
- Provide training for the epinephrine auto-injector.
- Offer the school allergy awareness resources.
- Provide consultations and education to students, staff and parents.

**Other Students**

- Do not share food or drinks or bring identified allergens into the classroom.
- Wash hands before and after eating.
- Respect the child with the life-threatening allergy.
- Know who to call in case they think the child with the life-threatening allergy needs help.

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