

OCTOBER 2009



Reminder to families with a child who has a life threatening allergy:

- Inform the school of your child's allergies, and have your doctor fill out the **Anaphylactic Student Emergency Procedure Plan** form (available at each school office).
- Persons diagnosed with a life threatening allergy are advised to carry an epinephrine auto-injector at all times and wear medical identification, such as a MedicAlert® bracelet (www.medicalert.ca)
- Provide the school with an up to date auto-injector (Epipen or Twinject) - **Please note:** School staff are only able to administer the 1st dose of the Twinject. It is important to check the expiry date on all auto injectors.
- Teach your child.....
 - To recognize the signs and symptoms of anaphylaxis and to how to seek help
 - Where his/her Epipen/Twinject is located, and (if age appropriate) how to use it
 - To take their auto-injector on all field trips
 - To not share snacks, lunches, or drinks.



Comply with the school's request when a letter is sent home regarding a child in the class who has a life-threatening allergy.



For more Information please contact a Public Health Nurse at 604-983-6700

Resources

- www.epipen.ca Epipen has a free reminder service to help parents keep track of the expiry date
- www.anaphylaxis.org Anaphylaxis Canada
- www.allergysafecommunities.ca Canadian Society of Allergy and Clinical Immunology

WHEN TO KEEP SICK CHILDREN HOME

Keep your child at home if he/she has any of the following symptoms:

- Fever
- Cough, sore throat
- Body aches
- Headaches
- Chills and fatigue
- Vomiting or diarrhea
- Constant runny nose
- A suspected or know communicable disease



Consider the following:

- The illness can spread to other children, their families and school staff
- Recovery can be delayed without adequate rest
- The school's inability to care for a child when he/she is sick

For more information call:

Public Health at 604-983-6700, your family Doctor or Health link BC, 24 hours a Day at 811.

START THE NEW SCHOOL YEAR OFF RIGHT BY WALKING TO SCHOOL!

OCTOBER IS "INTERNATIONAL WALK TO SCHOOL" MONTH

42 countries participated in 2007 and millions of students joined the 'walk to school in 2008'

The purpose of this campaign is to counteract the growing trends of:

- decreased activity in children (40% less active than 30 years ago)
- cars contributing to worsening air quality and climate change
- increased traffic congestion around schools increasing risk of accidents

For more information go to:
<http://www.iwalktoschool.org>

