

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](http://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 1<sup>st</sup> 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](http://www.epipen.ca) Epipen has a free reminder service to help parents keep track of the expiry date
- [www.anaphylaxis.org](http://www.anaphylaxis.org) Anaphylaxis Canada
- [www.allergysafecommunities.ca](http://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>

