

SEPTEMBER 2010



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 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.



Medical conditions: If your child has a serious allergy or medical condition such as diabetes, epilepsy, severe asthma, blood-clotting disorders, or serious heart conditions it is important to complete the necessary forms at the school.

Websites:

- 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



For more information please contact your Public Health Nurse Lisa Hogan at 604-488-4854

STAYING HEALTHY WHILE AT SCHOOL

Teach your child:

- ✳ That hand washing is the most effective way to prevent the spread of germs
- ✳ To use soap and water for 20- 30 seconds
- ✳ To cover their **nose and mouth** with a tissue when they cough or sneeze, and throw the tissue in the trash after they use it; *Or* sneeze or cough into a sleeve or an arm
- ✳ To avoid **touching their eyes, nose and mouth** as germs spread that way
- ✳ To avoid close contact with people who are sick

Keep your Child home if they are sick:

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

RESOURCES FOR FAMILIES

For non-emergency health information **call 811** to speak with a:

- Nurse
- Dietician
- Pharmacist

www.bchealthguide.org/healthfiles

North Shore listing of resources and programs for children and families:

- www.ConnectforKids.ca

