



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 Epipen/Twinject, 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 Epipen/Twinject is located.
 - The importance of hand washing.
 - To take their Epipen/Twinject on field trips.
 - To not share snacks, lunches or drinks.
 - To give own Epipen/Twinject (as age appropriate).
- Encourage your child to share information with friends.

Student

- Learn to recognize signs of an anaphylactic reaction.
- Promptly inform an adult if accidentally exposed to the allergen or if symptoms occur.
- Carry Epipen/Twinject at all times or know where his/her Epipen/Twinject is located.
- Know how to give Epipen/Twinject 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 Epipen/Twinject on field trips (as age appropriate).
- Share information with friends (as age appropriate).
- Wears MedicAlert bracelet.



Resources

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

Register Epipens at
www.epipen.ca

Register Twinjects at
www.twinject.ca

Other Resources

Anaphylaxis Canada
www.anaphylaxis.org

Canadian Society of Allergy and Clinical Immunology
www.allergysafecommunities.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 <http://vch.eduhealth.ca> or email pheh@vch.ca and quote Catalogue No. FF.472.L54
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Children and Youth With Life-Threatening Allergies

A Shared Responsibility



North Shore, Sea to Sky,
Sunshine Coast, Powell River,
Richmond and Vancouver



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 Epipen/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 a designated cupboard or drawer is available for storing Epipen/Twinject.
- Ensure emergency response plan is created and reviewed annually.
- 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 Epipen/Twinject.
- Remind the child to bring his/her Epipen/Twinject 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.



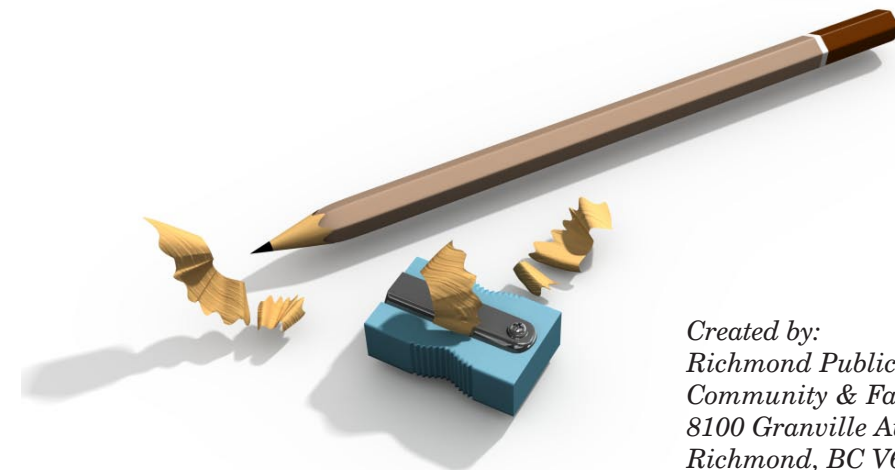
Other Students

- 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.



Public Health Nurse

- Review the allergen and reactions with the parent(s) when a child is new to the school and reviews annually.
- Provide training for the Epipen/Twinject.
- Offer the school allergy awareness signs.
- Provide consultations and education to students, staff and parents.



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