

Back to School Allergy Checklist

Back to school is an exciting time. Whether your child is starting school for the first time or is a returning student, we have suggestions to help your family prepare.

Parents

- Read all school district and school policies on allergy management.
- Fill out all the necessary school paperwork, like the Anaphylaxis Emergency Plan. Download a copy at www.foodallergycanada.ca.
- Talk to the school administrators about your child's allergy and review emergency procedures with staff.
- Request that this meeting includes the teacher(s) who will be in charge of your child.
- Ask about training sessions for the school staff and when these happen.
- Create a positive relationship with staff.
- Provide your child and/or the school with an up-to-date epinephrine auto-injector, e.g., EpiPen[®] (www.epipen.ca), Allerject[®] (www.allerject.ca).
- Supply your child's teacher with safe snacks in case of last minute classroom celebrations.
- Consult with foodservice/cafeteria staff to inquire about food preparation at school.

Teach your child:

- Not to be afraid to tell you if they experience any exclusion or bullying at school due to their food allergy.
- About the basic safety rules around managing their allergy at school.
- The steps of the emergency plan. Role playing can reinforce this information.

For Allergic Students

Stay safe this school year with these basic rules:

- Avoid sharing food.
- Only eat approved food from home or food that a parent or guardian has approved.
- Don't share utensils or straws.
- Always read food labels yourself and don't eat anything with precautionary warnings, like "may contain". These are not safe to eat.
- Tell others about your allergy. Let them know where you keep your auto-injector.
- Always carry at least one epinephrine auto-injector with you. You never know when you may need it.
- Wear MedicAlert[®] (www.medicalert.ca) identification.
- Wash your hands before and after eating.
- If you are allergic to stinging insects, avoid wearing bright colours and scented products.
- Tell an adult when you don't feel well.
- If you are being bullied or excluded because of your allergy, speak to an adult.
- If you're a preteen or teen, visit our site for youth, www.whyriskit.ca to see how your peers manage their allergies.