

Back to School- Are you ready?



With children spending the majority of their day at school, it's important that they, and those who care for them, are aware of how to safely manage allergies while away from home.

Whether your child is starting school for the first time, beginning a new school or is a returning student, Anaphylaxis Canada is here to help by providing useful resources for safely managing allergies as you prepare for the new school year.

Back to School Checklist:

Educate your child about his/her allergies and review key rules:

- Avoid their allergen(s) whether it's food, stinging insects or medication.
- Do not share foods or take food from others.
- Do not share utensils, food containers or straws with classmates.
- Read food labels. Avoid any foods with precautionary warnings, such as "may contain".
- Always carry an epinephrine auto-injector, (i.e. EpiPen® or Twinject®) when age appropriate.
- Wash their hands before and after eating.
- Wear medical identification, such as a MedicAlert®.
- Talk to others about their allergies, especially teachers and friends.



Work with your child's school staff and community:

- Establish open communication when developing avoidance strategies and plans.
- Strive for "allergy-safe", not "allergen-free" environments.
- Provide completed medical forms and in-date auto-injectors at the start of the school year.
- Advocate for "no eating" policies on buses and in other settings where no adult supervision (for younger children) is provided.
- Consult with foodservice/cafeteria staff to inquire about their allergen management policies for food prepared at school.
- Help educate the school community about anaphylaxis with credible allergy-related information (available at www.anaphylaxis.ca and www.allergysafecommunities.ca).



Review emergency procedures with staff and caregivers

- Anaphylaxis Emergency Plan (download at www.allergysafecommunities.ca)
- Auto-injector training device:
 - practice often and show others how to use a device
 - training devices and instructional videos (go to www.epipen.ca or www.twinject.ca)



Stay informed:

- Check out the “School & Daycare” section on our website http://www.anaphylaxis.ca/en/parents/schools_daycares.html
- Visit our teen website, www.whyriskit.ca for useful resources specific to pre-teens, teens and young adults and our website for children, www.safe4kids.ca
- For additional information, resources and products visit our website at www.anaphylaxis.ca

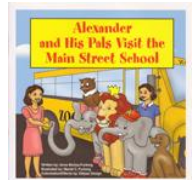


Back to School Special from Anaphylaxis Canada

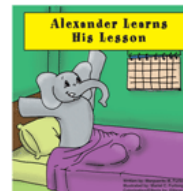
This special includes fun and educational resources that will help you teach your kids how to stay safe.

The following “Alexander Book’s are now \$5.00, regular price \$8.00 (save \$3.00)

- "Alexander - A Special Day at School"
- "Alexander and His Pals Visit the Main Street School"
- "Alexander Goes to a Birthday Party"
- "Alexander Learns His Lesson"



Go to https://secure.anaphylaxis.ca/en/shop/featured_product.html/shopping/vcategory/c/1



Wishing you all a safe and successful school year!

Anaphylaxis Canada

Anaphylaxis Canada relies on your generous support to help fund our programs And services for schools and childcare centres.

To make a donation today, please click here:
<http://www.anaphylaxis.ca/en/donate/index.html>