FOR STUDENTS

Ten Strategies to Help Reduce the Risk of Severe Allergic Reactions

Avoiding allergy triggers is the only way to prevent an allergic reaction. Even tiny or trace amounts of a food allergens can trigger a severe allergic reaction. In spite of the best efforts, accidents and cross contamination happens.

Allergy Safe Communities has created the following guidelines for students living with severe food allergies to help reduce their risk of exposure.

Students at risk must take ownership for their own safety. This means following these ten rules:

- 1. Carry an auto-injector at all times.
- 2. Learn how to use your auto-injector and teach others to assist in an emergency.
- Don't eat if your auto-injector is not handy.
- 4. Wear medical identification such as a MedicAlert® bracelet.
- 5. Wash hands before and after eating.
- 6. Always read food labels and eat only safe foods.
- 7. Avoid high-risk foods such as bulk foods and foods known to often contain an allergenic substance (e.g. peanuts/tree nuts in ice cream, baked goods, and ethnic foods)
- 8. Ask about the preparation of foods outside of the home.
- 9. Never trade or share food, food utensils, or food containers.
- 10. Eat in the same location while at school (for younger children). Always place meals on a napkin or personal placemat.

For more information about severe allergies in school, visit EpiPen.ca.

