# Back-to-school homework for parents

Be sure to read and follow these steps before your child goes back to school:

#### 1. Brush up on the basics.

Make sure your child is aware of which <u>allergy triggers</u> to <u>avoid</u>, and knows how to <u>recognize the symptoms</u> of a severe allergic reaction.

### 2. Make sure your child always has an EpiPen® Auto-Injector within reach.

EpiPen® should be kept in your child's backpack or fanny pack, not in their locker. For younger children, EpiPen® or EpiPen® Jr should be carried by staff and kept out of the reach of other children.

#### 3. Tell the school about your child's severe allergy.

Meet with your child's teacher or principal before school starts to talk about your child's allergy. Ask about their allergy policy and whether staff is trained to use EpiPen®. Visit the EpiPen® School Library page to download school communications forms.

### 4. Complete an Anaphylaxis Emergency Plan.

Share this plan with all teachers and caregivers, and make sure it is kept in areas which are accessible to staff.

#### 5. Give the school up-to-date EpiPen® Auto-Injectors.

Make sure the auto-injectors are kept in easily accessible locations, and not locked in cupboards or drawers. Also provide consent for school staff to use EpiPen® in the event that your child experiences a severe allergic reaction.

### 6. Keep non-perishable foods and safe snacks at school.

Make sure your child has something to eat if they've forgotten their lunch at home, or if there's a special occasion at school that involves food.

#### 7. Meet with foodservice staff.

If your child will be eating meals or snacks prepared at school, it's important to speak directly to foodservice staff about their allergy policies and menu items.

## Gaining the support of the school community.

Anyone in regular contact with severely allergic students should take an active role in helping to ensure an allergy-friendly environment. This includes teachers, principals, nurses, supply teachers, foodservice staff, bus drivers, and volunteers.

Take advantage of these <u>allergy awareness and education tools</u> to help ensure everyone is aware of, and ready to respond to, an allergic emergency.

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





