

APPENDIX C

SUGGESTED STRATEGIES TO AVOID ALLERGENS

At School:

- _____
Encourage students not to share lunches, food utensils or containers or trade snacks.
- _____
Clearly label bottles and lunch boxes with the name of the child for whom they are intended.
- _____
Restrict use of foods in craft, cooking classes and science experiments.
- _____
If foods are to come into the classroom from home, remind parents of the student diagnosed with anaphylaxis' allergens and insist on ingredient lists for each plate.
- _____
Ask parents to supply non-perishable treats for those times when other parents send food into the school
- _____
Wash bench tops after food is eaten in class.
- _____
Request that parents of classmates do not send foods to school that may cause a reaction.
- _____
Clearly display student ASCIA action plans in the class attendance folder.
- _____
No sharing of musical instruments that enter the mouth.
- _____
Discuss anaphylaxis with the class, in age-appropriate terms.
- _____
Reinforce hand-washing before and after eating with soap and water where practical.
- _____
Students diagnosed with anaphylaxis should not participate in yard clean-ups or other activities that could bring them into contact with food wrappers, containers or debris.

Camps and excursions:

- _____
Ensure that the designated Epipen is taken off campus with the student.
- _____
Check eating areas e.g. park bench, for cleanliness prior to seating the children.

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- _____
Ensure all staff and parents are aware of the identity of the students with anaphylaxis.

Suggested Strategies for parents

Teach your child to:

- _____
Recognise the first symptoms of an anaphylactic reaction.
- _____
Speak to a teacher as soon as they feel they may be having a reaction, even if it seems minor.
- _____
Know where medication is kept, and who can get it.
- _____
Use the auto-injector (as developmentally appropriate).
- _____
Not share snacks, lunches or drinks.
- _____
Understand the importance of hand-washing.
- _____
Cope with questions from other children and being left-out – build resilience.
- _____
Report bullying and threats to an adult in authority.

Encourage your child to take as much responsibility as possible to avoid allergens by:

- _____
Encouraging your child to ask food vendors if the relevant food ingredients are present in products.
- _____
Asking children to think about what food may contain the allergen and learn to read food labels for themselves (a good time to do this is whilst shopping).

Parents can:

- _____
Consider supply of a second EpiPen for remote area camps and excursions.

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Bring prepared meals from home for severely allergic children.
- ---

Clearly label bottles and lunch boxes with the name of the child they are intended for.
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Develop self-management in their children. The process of children learning to take responsibility is very important. As they mature children are increasingly away from the influence of responsible adults. Older students should be encouraged to select a friend who will be advised if a reaction is occurring and can get help if necessary.

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