

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.
- 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.

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- 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.
- 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.
- 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.