

Anaphylaxis Checklist:

PARTIES AND CELEBRATIONS

Parties and other special occasions and celebrations can seem overwhelming and stressful for you or a child with severe allergies and even the party hosts. The good news is that, with a little planning ahead, parties needn't be something to dread or avoid.



- Some of the most common items to watch out for at parties include foods like cow's milk, eggs and peanuts; insect stings; some medications; and latex (like in balloons or gloves used for cleaning or serving food). Ensure you remind the partygoer of the specific triggers to watch out for.
- Alert the party host to your child's severe allergies ahead of time and offer to provide food that is safe for the child to eat. The host has enough to worry about, so will appreciate the help.
- Offer to stay and help supervise the party if the host looks concerned. Or brief any other adults who might be helping on your child's allergies.
- Encourage children to speak up and inform friends and party hosts about their severe allergies, triggers that they need to avoid, how to recognise the signs and symptoms of anaphylaxis and when they should get an adult in case of an emergency.
- Remind your child about NOT sharing food or drinks.
- Reinforce the need to wash hands before eating, just in case your child has inadvertently touched a potential trigger.
- If the party is outside and insect bites or stings are a trigger, remind your child to stay away from obvious sources, for example ant nests or flower beds.
- Discuss the early signs and symptoms of an allergic reaction with your child and stress the importance of not wandering off if they begin to experience those signs, trying to avoid embarrassment.
- Print a copy of the Action Plan (See EpiPen® Resources – Action Plan on the EpiClub® website) and provide to the host. Check that the host knows how to administer an EpiPen® and if they are unsure, show them the 2-step procedure with an EpiPen® training device. You could also refer the host to the EpiClub website to watch the instructional video.
- ALWAYS ensure your child has an in-date EpiPen® with them or in the care of the party host.



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