

Anaphylaxis Checklist:

PLAYDATES

Whether it's an indoors or outdoors playdate, some simple precautions can ensure that it's an enjoyable experience all round.

- If you're not joining in the playdate with your child, alert the adult host to your child's severe allergies ahead of time. Provide the host with a copy of the Anaphylaxis Action Plan and show them the 2-step procedure with your EpiPen® training device. You can also refer the host to the EpiClub website to watch the instructional video.
- Offer to provide food that is safe for your child to eat.
- Ensure you remind your child of the specific triggers to watch out for.
- Reiterate the rule of NO sharing of food or drinks with others.
- Remind your child of the early signs and symptoms of an allergic reaction and stress the importance of not wandering off if they begin to experience those signs, trying to avoid embarrassment.
- Reinforce the need to wash hands before eating, just in case your child has inadvertently touched a potential trigger.
- Remind your child to stay away from obvious sources of insect bites, for example ant nests or flowers.
- Ensure that someone has a mobile/cell with ability to charge in case an emergency call is required.
- ALWAYS ensure your child has an in-date EpiPen® with them or in the care of the host.



LIFE HAPPENS
Be Prepared.®

