

## Anaphylaxis Checklist:

# STARTING SCHOOL OR BACK TO SCHOOL

Starting school or heading back at the beginning of the school year is an important time to review your preparation practices.

Here are some helpful tips for a less stressful school year.



- Education starts before school. Remind your child about his/her triggers for severe allergy and anaphylaxis.
- Prepare a list that can be printed or photocopied and kept in a school bag, locker or even school student, staff or classroom notice board.
- Remind your child about the early signs and symptoms of an allergic reaction and the need to urgently alert a school staff member.
- Reinforce the importance of not sharing food or drink.
- Check the school policy on foods in the playground. Many schools have a nut-free policy or separate areas for well-known allergens. Suggest the school adopt or investigate such a policy if it doesn't currently exist.
- Ensure that the school (or childcare centre) is aware of your child's allergies. Set up an appointment with the appropriate staff and ensure they know what to do in an emergency. Direct them to the EpiClub® School Resources section if they need more information.
- If your child's school has several anaphylactic students, suggest a quick presentation at assembly about severe allergy and a demonstration of what to do. Offer to do the demonstration if necessary.
- Share your experiences and tips in the school newsletter
- Discuss storage of your child's EpiPen® in the school environment. Make sure your child is also aware of the storage decision.
- Print a copy of the Action Plan (See EpiPen® Resources – Action Plan on the EpiClub® website) and provide to the school
- ALWAYS ensure your child has an in-date EpiPen® available in the school environment. If a trip to a remote location (camp, excursion) is planned, make sure the child takes at least one EpiPen® on the trip – preferably two, because emergency services may be some time away.



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