

Anaphylaxis Checklist:

SLEEPOVERS

Sleepovers are just another form of party, so the same guidelines tend to apply. When there's fun to be had and food and drink to be shared, this checklist will help prepare you and potentially protect your child.



- Snack foods often go hand in hand with sleepovers. Some of the most common items to watch out for include cow's milk, eggs, peanuts and other nuts. If your child is old enough, teach them how to review a label on a packet of snack foods.
- Ensure you remind your child of the specific triggers to watch out for.
- Alert the sleepover host of 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 one less thing to do.
- Encourage children to speak up and inform friends and sleepover 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.
- Discuss the early signs and symptoms of an allergic reaction with your child and stress the importance of seeking help immediately – it's nothing to be embarrassed about.
- Print a copy of the Action Plan (See EpiPen® Resources – Action Plan on the EpiClub® website) and provide to the host. Give the host a demonstration of the 2-step procedure using your EpiPen® training device or alternatively, refer them to Epiclub.co.nz to watch the instructional video.
- ALWAYS ensure your child has an in-date EpiPen® with them or in the care of the party host.



**LIFE HAPPENS
Be Prepared.®**