



10 point allergy action plan for starting school

1. Notify the school about your child's allergy as early as possible. Be clear about which foods or other allergens may trigger an anaphylactic reaction.
2. Provide the school with a written diagnosis and an individual management plan from your treating doctor. This should include details of prescribed medications such as adrenaline or antihistamines.
3. Supply necessary medication and ensure it is clearly labelled, stored correctly and kept up to date. Anaphylaxis Australia Inc recommends an EpiPen® travels with the child at all times between home and the classroom, while a second back-up unit is stored permanently in the school office.
4. Visit the school and enquire about any other potential risks. E.g. Are children exposed to food allergens during cooking and craft lessons? What can the school do to reduce the risk of insect stings?
5. Ensure teachers and other staff are aware of prevention strategies and ensure they are implemented. Especially plan ahead for special events such as excursions, sports days and parties.
6. Work with the school to develop an emergency action plan. Ensure appropriate staff members are trained and confident to administer medications.
7. Teach your child from a young age not to accept food from others. Provide a lunchbox that is clearly labelled and remind them not to trade food with friends.
8. Be creative in providing safe food treats for your child. Ask the school to store some of your cupcakes in the canteen freezer so your child can join in with birthday celebrations.
9. Encourage your child to become independent. Remind them to always take their medication to school. It can be kept in an insulated lunch bag, together with a copy of the emergency action plan.
10. Record and check expiry dates of EpiPens® used at school and at home and ensure each unit is replaced prior to expiry.