

LIFE-THREATENING FOOD ALLERGIES AND SPECIAL DAYS

Special days like birthdays, Easter and year-end parties are times of celebration with friends and food. However, these can be very risky times for students with life-threatening food allergies.

School staff, parents and students can help to keep allergic students safe by creating “allergy-aware” classrooms and schools:

- ◆ Clear communication between parents and teachers about special days and any food that might be offered
- ◆ Avoidance strategies such as handwashing before and after eating and asking students not to share or trade food
- ◆ Celebrate with stickers, games or prizes instead of food
- ◆ Teach students about severe allergies and how they can help if a student is having a reaction
- ◆ Remind allergic students to tell an adult right away when they might be having a reaction
- ◆ Make sure all school staff know what to do if a student has a reaction

Refer to your school’s policies and regulations around life-threatening food allergies for more information.

For more information:

- ◆ Your local [Public Health Unit](#)
- ◆ [AllergyAware.ca](#) (free, online courses about anaphylaxis)
- ◆ [Food Allergy Canada](#)
- ◆ [EpiPen.ca](#)
- ◆ [Dietitian Services at HealthLink BC](#) or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- ◆ [HealthLink BC File #100a Severe Allergic Reactions to Food Children and Teens](#)
- ◆ Your local Doctor or Pharmacist