

Back to School



School Checklist

For Parents who have a child with

Life-Threatening Allergy

When your child has been diagnosed with a life-threatening allergy to food, insect stings, medicine or latex, it is important to work with your child's school.

⇒ **Schedule a check-up with your child's doctor.**

This is a great time to check your child's allergy, get a written allergy action plan, update any medicines, including auto-injectable epinephrine and review how to use it.



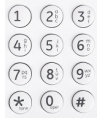
⇒ **Meet and Inform the school.**

Talk to the school nurse, teachers, coaches, bus drivers, etc. Tell them about your child's allergy and past allergic reactions. Introduce your child to them and have a picture of your child to go with the allergy action plan for the school.



⇒ **Give your emergency contact information to the school**

Let the school know how to best contact you in case of an emergency and keep this contact information up to date!



⇒ **Bring a written Allergy Action Plan to school.**

This plan, signed by your child's doctor, outlines the allergy, what needs to be avoided and how to handle emergencies.



⇒ **Bring the auto-injectable epinephrine to school.**

Auto-injectable epinephrine is prescribed to relieve symptoms and needs to be immediately available.



⇒ **Encourage** your child to ask their teacher, coach, bus driver or school staff for help when they are having problems breathing or know they have been in contact to what they are allergic to.



⇒ **Teach** your child about their specific allergy and how to avoid allergens as much as possible.



⇒ **Think** about investing in a medical awareness bracelet or tag for your child to wear.

