

what all families can do

Awareness, knowledge and planning are the key for anaphylaxis management.

Ensure that the school is informed immediately if your child is diagnosed with anaphylaxis, or an anaphylaxis diagnosis changes.

Discuss the topic of anaphylaxis with your children, with a few simple key messages:

- Always take food allergies seriously
 - severe allergies are no joke!
- Don't share your food with friends.
- Wash your hands after eating.
 - Be respectful of schoolmates and their condition.

For further information regarding our school policy for anaphylaxis contact Watsonia North Primary School on [P] 03 9435 1285 or visit

<http://www.wats-north.vic.edu.au/>

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anaphylaxis

awareness in schools

Watsonia North Primary School is committed to the promotion of community awareness about anaphylaxis.

This **Information Guide for Parents and Caregivers** will provide families with important knowledge about anaphylaxis and its symptoms, together with the school's current Anaphylaxis Management Policy.

what is anaphylaxis?

Anaphylaxis is a severe, rapidly progressive allergic reaction that is potentially life threatening. The most common allergens in school aged children are peanuts, eggs, tree nuts (eg, cashews), cow's milk, fish and shellfish, wheat, soy, sesame, latex, certain insect stings and medications.

(Department of Education & Early Childhood Development, 2008)



anaphylaxis at our school

Watsonia North Primary School and its staff have taken the following actions to ensure safety for students with anaphylaxis:

food sharing



A "no sharing" policy is encouraged at Watsonia North Primary School where students learn the importance of not swapping food with friends, especially with those who have severe allergies.

hygienic classroom practices

Both students and teachers are encouraged to wash their hands after eating. Placemats are used by all students in the classroom to avoid anaphylaxis through contamination of tables.

banning foods

In accordance with recommendations from the Department of Education and Early Childhood Development, Watsonia North Primary School is not a "nut free" zone. Instead, other precautions are taken to protect children from an anaphylactic reaction.

EpiPen® training

All teachers and other school staff who are responsible for the care of students at risk of anaphylaxis are trained in how to recognise an anaphylactic reaction, and respond accordingly. This includes regular training in the administering of an EpiPen®.

anaphylaxis management plan

Current legislation requires that schools develop an anaphylaxis management plan in collaboration with parents, for any student diagnosed with anaphylaxis. Watsonia North Primary School adheres to this regulation.

facts about anaphylaxis

signs and symptoms



The symptoms of a mild to moderate allergic reaction can include:

- swelling of the lips, face and eyes
- hives or welts
- abdominal pain and/or vomiting.

Symptoms of anaphylaxis (a severe allergic reaction) can include:

- difficulty breathing or noisy breathing
- swelling of the tongue
- swelling/tightness in the throat
- difficulty talking and/or a hoarse voice
- wheezing or persistent coughing
- loss of consciousness and/or collapse
- young children may appear pale and floppy.

Symptoms usually develop within 10 minutes to one hour of exposure to an allergen but can appear within a few minutes.

(Department of Education & Early Childhood Development, 2008)

further resources available

Anaphylaxis Guidelines for Victorian Government Schools

<http://www.education.vic.gov.au/healthwellbeing/health/anaphylaxis.htm>

Anaphylaxis Australia Inc.

www.allergyfacts.org.au

The Department of Allergy and Immunology, Royal Children's Hospital

www.rch.org.au

The Australasian Society of Clinical Immunology and Allergy (ASCIA)

www.allergy.org.au

ASCIA Guidelines for the Prevention of Food Anaphylactic Reactions in Schools, Preschools and Childcare Centres:

www.allergy.org.au <<http://www.allergy.org.au/>

Safe Schools Are Effective Schools: A Resource for Developing Safe and Supportive School Environments:

www.sofweb.vic.edu.au/wellbeing/safeschools/bullying/index.htm