

Anaphylaxis

Anaphylaxis is a serious and possibly life-threatening allergic reaction. The most common anaphylactic reactions are to certain foods, latex, insect stings, and medications.

Anaphylaxis is a medical emergency. Epinephrine must be administered and 9-1-1 called immediately. Epinephrine is a life-saving medication, don't be afraid to use it.



What can parents do to help reduce the risk of reactions in the classroom?

1. Be aware of food allergies in your child's classroom and avoid sending that food to school.
2. Encourage your child to wash their hands before and after each meal (hand sanitizer or water alone does NOT get rid of food allergens on hands and surfaces).
3. Encourage your child **to not** share food, drinks, utensils, water bottles, etc.
4. Talk to your child about the importance of supporting all students to be safe at school.

For more information, please visit:

[FoodAllergyCanada.ca](https://www.foodallergy.ca)

[AllergyAware.ca](https://www.allergyaware.ca)