Allergy (and anaphylaxis) aware
Checklist for education and children’s services

**First aid**

- Staff are trained in **first aid** (Basic Emergency Life Support – ECD BELS) including anaphylaxis first aid using prescribed adrenalin via an autoinjector.
- **First aid protocols** ensure **safe secure storage and immediate access** to a child/student's autoinjector, and other first aid equipment. Storage needs to ensure autoinjector will remain at the correct temperature.
- **First aid protocols encourage self management** while acknowledging that staff are responsible for managing first aid emergencies.

**Planning for safety**

- Every child/student with anaphylaxis has a care plan and MedicAlert registration.
- Every child/student/adult with anaphylaxis has an agreed **worksite support plan**. This reflects the ages and stage of development of the child, and the nature of the service, and includes planning for:
  - informing all relevant staff including all relieving teachers
  - camps and excursions
  - special programs such as swimming, sports days and visiting presenters/programs
  - movement between services, for example between school and out of schools hours care
  - evacuation and invacuation
  - class activities such as **craft** where exposure to egg and milk cartons, seeds, play dough (chocolate essence) and egg shells may occur
- **Parents** are responsible for providing the care plan and any medication and ensuring that medication provided has a current expiry date.
- **Parents and families** of children with a care plan are included in, but not ultimately responsible for, worksite education and planning for their child.
- Care and support planning is **reviewed routinely** (for example at times of parent/family-teacher interviews) and always at times of transition (home → childcare → preschool → new school).
- **Staff and children/students** understand and apply allergy aware practices. Families of children with anaphylaxis can contribute to planning for cooking lessons, class parties etc.
- **All families** in the pre/school community are regularly informed about allergy aware policy and practice in education and children’s services.

..........................................................
Food allergy

- Everyone is encouraged to wash their hands before and after eating. Note: Some students may require non-soap based washes, eg those with eczema.
- Food is not given as a reward/treat.
- Children do not share or swap food, unless under supervision (for example special events, as pre-arranged and agreed with the family).
- Food and nutrition education incorporates education about food allergy and any practical activities are planned with an assumption that some participants have a food-related allergy.
- Food should not be supplied to children with anaphylaxis unless pre-arranged and agreed with the family. It is assumed any product might have traces of nut or other food allergy ingredients unless confirmed otherwise.
- Food preparation follows standard precautions to avoid cross contamination. People preparing food (including volunteers, teachers, canteen helpers) need advice on strategies to ensure that food is not cross contaminated.
- Planning camps and excursions takes into account food supply services, including discussing the full menu with families (including product details).
- Be aware of using food as a fundraising exercise, eg supplying chocolates to all students in the school to sell.

Messages adapted from 'be a MATE: Make Allergy Treatment Easier'

- Take food allergies seriously
- Know what your friends are allergic to
- Don’t share your food/drink with friends who have food allergies
- Don’t pressure your friends to eat/drink something
- Use your “bullying no way” strategies if you see anyone being bullied, including someone being bullied about their allergies
- Get adult help immediately if your friend feels sick, especially after eating something.

Allergy Australia Inc www.allergyfacts.org.au
(adapted with permission from the Be A Pal programme developed by The Food Allergy and Anaphylaxis Network www.foodallergy.org)