

# Sample of A Canadian School Board Anaphylaxis Policy

## Table of Contents

1. **Background:** Provides an overview of anaphylaxis – what it is, description of symptoms, who is affected.
2. **Epinephrine:** Describes the medication of choice – epinephrine – most commonly available in an auto-injector, EpiPen®.
3. **Triggers of Anaphylaxis** (lists)
  - Foods Which Are Sources of an Anaphylactic Reaction
  - Other Possible Sources in Prepared Foods
  - Non-Food Sources
4. **Creating an Allergen-Safe Elementary School Environment:** Discussion on 'bans' of specific allergens, need for special precautions to keep young allergic children safe, steps to reduce the risk for students with life-threatening allergies
5. **Creating an Allergen-Safe Secondary School Environment:** Describes the need for increased vigilance at secondary school level and age-appropriate measures to reduce the risk for teens.
6. **Administrative Procedures:** Overview of roles and responsibilities of entire school community:
  - School Principal
  - Teacher
  - Parent(s) of an Anaphylactic Child
  - Anaphylactic Student
  - Public Health/Nurse
  - All Parents
  - All Students
7. **Sample Letters Related to Anaphylactic Students**
  - To all parents (fill in the blank for specific food allergens)
8. **Sample Letter Related to Latex-Allergic Student**
9. **Potential Newsletter Sample (Anaphylaxis):** General communication with all families informing them of the need to keep students with life-threatening allergies safe. Provides contact information for Anaphylaxis Canada and advises that additional information will be available at the "Meet the Teacher Night".
10. **Potential Newsletter Sample (Latex):** Same as above, but specific to latex.
11. **Additional Information for School Principals and Staff**
  - Prevention and Management Plan
    - a. Preamble: Recommendation for the individual school to have a realistic plan to reduce the risk for allergic students.
    - b. A School Prevention and Management Plan: Provides an overview of things to consider when tailoring a plan for the school - measures that can be taken to reduce the risk, training, distribution of information

## Contact Information for Anaphylaxis Canada

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Website: [www.anaphylaxis.ca](http://www.anaphylaxis.ca) / [www.gosafe.ca](http://www.gosafe.ca)