



DEALING WITH ALLERGIES In Class

There are students with food allergies in your child's class

For the safety of our students who have severe food allergies, we implement the following precautionary measures to create an "allergy-safe" school environment*

.....A Few Rules For All Students.....



I wash my hands
BEFORE and **AFTER**
eating



I **DO NOT** eat on
school buses



I am careful if my lunch contains
allergens (I avoid contact with
students with allergies)



I **DO NOT** touch eating
surfaces, desks and place mats
of students with allergies



I **CLEAN** my eating
surface after meals



I **DO NOT** share or trade food,
containers, utensils or water
bottles

*An allergen-free environment cannot be guaranteed as complete avoidance of all allergens is not possible. Precautionary measures practiced by all has proven to be successful in preventing allergic reactions. As such, we ask all to be mindful and exercise these actions to ensure every effort is made to maintain an "allergy-safe" school.



Does your child have food allergies?

The absence of allergens cannot be guaranteed in foods provided through school services and activities (cafeteria, snack programs, lunch programs, community events, potluck meals and cooking workshops). Parents are advised to exercise caution in using these services or participating in these activities or to provide allergen-free foods from home as a precaution

.....A Few Rules For Students with Allergies.....



I **CLEAN** my eating
surface **BEFORE** meals



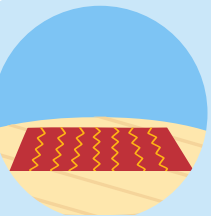
I use a **THERMOS** instead
of using microwave ovens



I always sit at the **SAME**
PLACE TO EAT (or at my desk
if I eat in class)



I always carry my
AUTO-INJECTOR



I use a **PLACE MAT** (or a
napkin) to set my food



I **ONLY EAT** food from home
(except when my parents say
it's safe)

I tell an adult if...



I **touch** or **eat** a
food I am allergic to



I **feel symptoms of an allergy**
(some examples: itching,
swelling, trouble breathing,
stomach pain, dizziness)