

# Back to School Checklist

## for Parents who have a child with Life-Threatening Allergy

When your child has been diagnosed with a life-threatening allergy to food, insect stings, medicine or latex, it is important to work with your child's school to take care of your child.

**Schedule a check-up with your child's doctor.**

This is a great time to check your child's allergy, get a written allergy action plan, update any medicines including auto-injectable epinephrine and review how to use it.

**Meet and Inform the school.**

Talk to the school nurse, teachers, coaches and bus driver. Tell them about your child's allergy and past allergic reactions. Introduce your child to them and give a picture of your child for their allergy action plan.

**Give emergency contact information to the school.**

Let the school know how to best contact you in case of an emergency and to keep this information up to date!

**Bring a written Allergy Action Plan.**

This plan, as a rule is signed by a doctor, outlines the allergy, what substance needs to be avoided and how to know and handle emergencies.

**Bring the auto-injectable epinephrine to school.**

Auto-injectable epinephrine is prescribed to relieve symptoms and open airways quickly.

**Encourage** your child to ask their teacher, coach, bus driver or school staff for help when they are having problems breathing or know they have been in contact with the substance they are allergic to.

**Teach** your child about their specific allergy and how to avoid allergens as much as possible.

**Think** about investing in a medical awareness bracelet for your child to wear.



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