

## Prevent accidental exposure

Food allergies can be life threatening and even small amounts of a food allergen can cause anaphylaxis.

Use this checklist when planning activities involving food.

- ✓ I know which learners have been diagnosed as at risk of anaphylaxis.
- ✓ I know which learners have a food allergy and I know their food triggers.
- ✓ I have communicated with the learners who are diagnosed as at risk of anaphylaxis and their parents/carers, to ensure I am well informed about their condition.
- ✓ I have immediate access to and have read a child or young person's anaphylaxis/allergy action plan.
- ✓ I know where individual and general use adrenaline auto-injectors are stored.
- ✓ I know the signs and symptoms of an allergic reaction and I can access and provide appropriate first aid.
- ✓ Curriculum and extracurricular materials have been reviewed to make sure that they are allergy-free and avoid allergy triggers.
- ✓ Procedures are in place for checking ingredient labels.
- ✓ Specific work practices, such as separate equipment, are in place for students at high risk of anaphylaxis.
- ✓ I have reminded learners about the risks associated with food sharing.
- ✓ Efficient cleaning strategies are used to eliminate cross-contamination during food handling, preparation, and serving.

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