



Anaphylaxis – it's not only about nuts....

Most of you will be aware that anaphylaxis is a life threatening allergic reaction. It usually occurs rapidly after exposure to a food, insect or medicine to which a person may already be allergic. Whilst severe allergies to nuts and shellfish are the most well-known, other 'triggers' include penicillin, yoghurt and eggs to name a few.

A number of people in our school community are anaphylactic and not surprisingly in this environment, it is food stuffs that have the potential to cause the most problems.

It is not recommended that particular foods be banned as this can make people complacent, so, at school, we have a number of practices in place to help ensure the environment is as safe as we can possibly make it. These include children not sharing food, eating some food away from other children and not taking certain food out into the yard.

None of these practices prevent other children from eating the food of their choice but since an allergic reaction can be caused simply from touching or smelling the food it is vital that we have these measures in place and that everyone understands why we do.

Staff is trained in the recognition and treatment for anaphylaxis but it is far preferable that we are never placed in the position to have to use our training so we appreciate your assistance in supporting us.

If you would like more information about anaphylaxis this website is very good <http://www.allergy.org.au/health-professionals/anaphylaxis-resources>

I am happy to answer any further questions you might have about our management of anaphylaxis.

Linda Rippingille