

LIFE-THREATENING FOOD ALLERGIES AND SPECIAL DAYS

Special days like birthdays, Easter and end-of-the-year parties are times of celebration with friends, family and food. However, there are students in our school with life-threatening food allergies and these students are especially at risk during these times. You can help to keep allergic students safe by:

- ◆ Celebrating with stickers, games or prizes instead of food.
- ◆ Not sending or bringing peanut and nut-containing products to the school or classroom.

Refer to your school's policies and procedures around life-threatening food allergies for more information.

For more information contact:

- ◆ Your local Health Unit
- ◆ HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or www.healthlinkbc.ca/healthyeating/
- ◆ HealthLink BC File #100 Severe Food Allergies in Children and Teenagers: www.healthlinkbc.ca/healthfiles/hfile100a.stm
- ◆ Anaphylaxis Canada www.anaphylaxis.ca/
- ◆ Your doctor
- ◆ Your pharmacist

Health Units:

Esquimalt	250-519-5311	Salt Spring Island	250-538-4880
Outer Gulf Islands	250-539-3099	Sooke	250-642-5464
Peninsula	250-544-2400	Victoria	250-388-2200
Saanich	250-519-5100	West Shore	250-519-3490