

## LIFE-THREATENING FOOD ALLERGIES AND SPECIAL DAYS

Special days like birthdays, Easter and end-of-year parties are often times of celebration with friends, family and food. However, for students at our school who have life-threatening allergies, these can be very risky times. You can help to keep allergic students safe by:

- Celebrating with stickers, games or prizes instead of food.
- Not sending or bringing peanut, nut, or other allergen-containing products to school.
- Checking in with the teacher/school ahead of time to find out if any special celebrations are planned.
- Remind students to tell an adult right away when they might be having a reaction.
- Make sure the teacher and school staff know what to do if a student has a reaction.

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

For more information contact:

- Your local [Public Health Unit](#)
- [Food Allergy Canada](#)
- [HealthLinkBC and Dietitian Services](#) or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- [HealthLink BC File #100a Severe Allergic Reactions to Food Children and Teens](#)
- Your local Doctor or Pharmacist