

Allergic Reactions

To reduce the risk of severe allergic (“anaphylactic”) reactions in schools, you can remind your children to:

- wash hands before and after eating
- keep surface of desks and tables clean
- avoid sharing food with other students
- support classmates with severe allergies—do not bully or tease them and do not pressure them to eat something
- go for help quickly if a classmate is having an allergic reaction. Symptoms might include hives, rashes, swelling, trouble breathing, vomiting and weaknesses

For more information, call Toronto Health Connection at 416-338-7600 or visit www.toronto.ca/health.

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