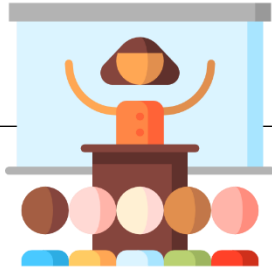


# There are students with food allergies in your child's class

For the safety of our students who have severe food allergies, we implement the following precautionary measures to create an "allergy-safe" school environment\*

## FOR ALL STUDENTS



\*An allergen-free environment cannot be guaranteed as complete avoidance of all allergens is not possible. Precautionary measures practiced by all has proven to be successful in preventing allergic reactions. As such, we ask all to be mindful and exercise these actions to ensure every effort is made to maintain an "allergy-safe" school.



**I WASH MY HANDS**  
before and after eating



**I DO NOT EAT** on  
school buses



**I AM CAREFUL** if my  
lunch contains allergens  
(I avoid contact with  
students with allergies)



**I DO NOT TOUCH** eating  
surfaces, desks  
and place mats of  
students with allergies



**I CLEAN** my eating  
surface after meals



**I DO NOT SHARE OR  
TRADE** food, containers,  
utensils or water bottles

# Does your child have food allergies?

## FOR STUDENTS WITH ALLERGIES



I CLEAN MY EATING SURFACE **BEFORE** I eat



I USE A THERMOS instead of using microwave ovens



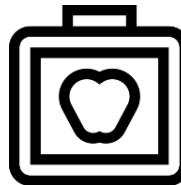
I always sit at the **SAME PLACE TO EAT** (or at my desk if I eat in class)



I always carry my **AUTO-INJECTOR**



I use a **PLACE MAT** (or a napkin) to set my food



I **ONLY EAT** food from home (except when my parents say it's safe)

## I TELL AN ADULT IF:



- I touch or eat a food I am allergic to
- I feel symptoms of an allergy (some examples: itching, swelling, trouble breathing, stomach pain, dizziness)



## FOR PARENTS OF STUDENTS WITH ALLERGIES



**The absence of allergens cannot be guaranteed in foods provided through school services and activities** (cafeteria, snack programs, lunch programs, community events, potluck meals and cooking workshops). Parents are advised to exercise caution in using these services or participating in these activities or to provide allergen-free foods from home as a precaution.