

Back to School Checklist for Families

Life-Threatening Allergies



Before School Begins:

- ☐ Make an appointment to see your child's healthcare provider.
 - Be sure your child's emergency medication dose is appropriate for their weight.
 - Update medication orders if needed.
 - Update or complete an Anaphylaxis Emergency Plan for use at home and at school.
 - Have school forms completed – get a statement from the doctor about any foods to which your child is allergic so that it can be filed at school.
- ☐ Make an appointment to visit the school to discuss your child's life-threatening allergy if needed.
 - If your child is starting a new school, it's a great idea to have a conversation with school staff.
- ☐ Be sure your child/teen has full access to their emergency medication.
 - Review emergency symptoms with your child so they are sure when they should have their emergency medication.
 - Review how to use an epinephrine auto-injector if age appropriate.
 - Review your child's Anaphylaxis Emergency Plan with your child and school staff.
 - Be sure your child knows when to get help and who to go to in an emergency.

When School Starts:

- ☐ Talk to your school nurse or school administrator to be sure that they are aware of your student's life-threatening allergy.
- ☐ Take medication, forms and supplies to school.
 - Deliver your child's epinephrine auto-injector, medication permission forms and Anaphylaxis Emergency Plan to school either on or before the first day.
- ☐ Check in with your child at the end of the school day to see how they feel and if they experienced any difficulty managing their allergy at school.
- ☐ Encourage your child to fully participate in school programming. If they ever feel excluded or bullied because of their allergy, notify the school for appropriate action.