

## IF YOUR CHILD HAS ANAPHYLAXIS SHOULD HE OR SHE CARRY THEIR OWN EPIPEN® OR ANAPEN® TO AND AT SCHOOL?

### What is this article about?

If you have told the College that your child is diagnosed as being at risk of anaphylaxis you should have received a letter from the Principal.

This article provides more information about anaphylaxis.

### What is an EpiPen® and an Anapen®?

EpiPen® and Anapens® are the emergency treatment for children who are having an anaphylactic reaction.

### What is anaphylaxis?

Anaphylaxis is a severe and sometimes sudden allergic reaction. If your child has been diagnosed by a doctor as being at risk of anaphylaxis there are some important things to remember that will help the school to support your child's health care needs.

### Why you need to keep us informed if your child is diagnosed as being at risk of anaphylaxis or if his or her condition changes. This includes if they have an anaphylactic reaction while not at school.

The College can only respond to risks it knows about. Please keep **Mater Dei Catholic College, Wagga Wagga** informed so that we can plan to support your child at school.

### Why you need to provide the school with your child's current *ASCIA Action Plan for Anaphylaxis* and an EpiPen® or Anapen® signed by their doctor

The *Plan* sets out the steps the College needs to follow in an emergency. It is essential for us to have this to keep your child safe. We will keep a copy of your child's *ASCIA Action Plan for Anaphylaxis* stored with your child's EpiPen® or Anapen®.

### Why it is important to talk regularly with your child about some simple steps to help keep them safe

It is important to regularly talk with your child about when and where they are at risk of contact with the things they are allergic to and how to avoid this. [If you have told them not to take part in sharing food at school, regularly remind them of this.](#)

Reassure them that if they do come into contact with something they are allergic to or they feel unwell at school they won't get into trouble. [They need to tell a teacher IMMEDIATELY.](#)

### **Consider whether your child should carry their own EpiPen® or Anapen®**

If your child has been diagnosed with anaphylaxis you can request that they carry their own EpiPen® or Anapen® to school and at school. A request form has been sent home and is also available from the College Office.

If you request that your child carry an EpiPen® or Anapen® with them to school and at school you will also need to provide the College with at least one additional EpiPen® or Anapen® for storage in a central location within the College and for access by staff in an emergency.

The College will contact you about any request you make for your son or daughter to carry their own EpiPen® or Anapen®.

### **Why does the College need to know if your son or daughter is carrying their own EpiPen® or Anapen®?**

Staff need to know your child carries an EpiPen® or Anapen® in an emergency. For this reason this information should be included in your child's *Action Plan*.

They also need to be able to find it quickly so it is important that it be in an easily identifiable and accessible spot (eg. Not a locker).