

## 2. HOW CAN WE HELP KEEP EACH OTHER SAFE?

Keeping each other safe is all about **AWARENESS, AVOIDANCE AND ACTION.**

### AWARENESS

Know what your classmates are allergic to

### AVOIDANCE

Never share food and always wash your hands after you eat

### ACTION

Tell a teacher straight away if someone with allergies looks sick...  
even if they don't want you to!

## 3. CLASS DISCUSSIONS

These discussion topics aim to reduce the risk of an allergic reaction occurring at your school but also help to make the children more understanding of others with allergies.

**a) If you have a food allergy, it means that eating some foods can make you sick. Do you know anyone who has a food allergy? How do they manage their allergy? How can others help them?**

People with food allergies need to read every food label or ask what is in every meal they eat. Children at school are often only allowed to eat foods that mum or dad have checked. If a person with food allergy is not sure about what is in a food, they should not eat it.

**We can help each other by following the three As.**

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