Going to School with Food Allergy



How can I prepare my child for school?

Plan with the school before your child starts. Update staff whenever the allergy plan changes.

1 Work with the school

✓ Tell the school upon enrolment or diagnosis.
✓ Discuss how food allergies are managed.
✓ Confirm staff are trained in anaphylaxis management.



2 Keep the plan and medicines ready

✓ Keep an up-to-date Allergy Action Plan at school.
✓ Check the expiry dates of all medicines, including the adrenaline auto-injector.



3 Teach everyday safety rules

✓ Identify unsafe foods
✓ Practise proper handwashing
✓ Never share food, drinks or utensils
✓ Report allergic reactions promptly



4 Help your child speak up

✓ Recognise allergic symptoms
✓ Speak up about concerns
✓ Build confidence in managing their allergy
✓ Report bullying or teasing



QUICK FAQ

What is an Allergy Action Plan?

It explains what to do if your child has an allergic reaction. Ask your doctor to review it regularly and whenever your child's allergy status changes.

KW CHONG ALLERGY & CHILDREN'S CLINIC
CARES
Children's Allergy Asthma Rhinitis Eczema Specialist

WHATSAPP
+65 8129 9478

EMAIL
contact@kwchongallergy.com

@drkwchong

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