



# Stan & Fran's Health Hints



October 2008

## Anaphylaxis



Anaphylaxis is a sudden and severe allergic reaction that requires immediate emergency medical attention and has the potential to be fatal.

**A**naphylaxis involves multiple body systems and differs from person to person. Symptoms include:

- ▶ Itching of the lips or mouth
- ▶ Flushing or sweating
- ▶ Anxiety and/or restlessness
- ▶ Mild irritating cough or sneezing
- ▶ Hives and/or swelling of neck and face
- ▶ Swelling of the throat or mouth
- ▶ Chest tightness and pain
- ▶ Wheezing or difficulty breathing
- ▶ Dizziness or loss of consciousness

Use epinephrine (such as EpiPen®) immediately on children who have symptoms of anaphylaxis.

### What can you do if there is a student in your child's class who has anaphylaxis?

Talk to your child about making the classroom a safer environment by:

- ▶ Reading food labels to look for allergens such as peanuts and nuts.
- ▶ Encouraging your child to wash their hands with soap and water before and after eating.
- ▶ Teaching your child not to share their food, drink or utensils.



For more classroom ideas, read Allergy Aware School and Childcare Settings at:

<http://www.interiorhealth.ca/choose-health.aspx?id=150>

## Medical Alert

**It is important to let your school know if your child has a serious medical condition such as:**

- Diabetes
- Epilepsy
- Life-threatening allergies (anaphylaxis)
- Severe asthma
- Blood-clotting disorders
- Serious heart conditions

At the beginning of each school year, be sure the appropriate forms are completed and the prescribed medication is on hand at the school. If your child's condition or medication changes during the school year, remember to inform the school.



All children (and adults) are encouraged to wear Medical Alert Identification such as a bracelet or necklace. Information can be found at [www.medicalert.ca](http://www.medicalert.ca)

## Healthy Eating

**S**quashes are bountiful this fall. They are super foods with lots of carotenoids, potassium, and other beneficial phytochemicals that help keep your kids healthy. They are also inexpensive and so easy to cook. Kids love the sweet flavour and smooth texture. Give squash a chance and you'll find you'll love having them at the dinner table.

