

# Practical Tips to Minimise the Risk of Anaphylaxis

## Food allergies:

- Encourage those caring for a child with food allergy to be educated on the daily management and emergency treatment of anaphylaxis.
- Keep information about the food allergic child in a prominent place where all staff and helpers will remain aware of it.
- Rethink what food you stock and serve. Avoid peanut and tree nut (e.g. hazelnuts, cashews, almonds) products, including nut spreads.
- If food items cannot be removed, work on strategies to minimise the risk of a reaction (e.g. hold babies whilst they drink their milk, babies with food allergy should have a dedicated high chair).
- Avoid cross contamination during food preparation.
- Include the needs of a child who is allergic when planning any activities and making purchases.
- Discourage sharing of food, drinks and utensils (e.g. straws, bottles).
- Wash hands after eating – no playing with toys whilst eating.
- Do not allow children to wander whilst they are eating food.
- Clean up spills immediately.
- Wash toys and equipment regularly.
- Remember craft items can contain food allergens (e.g. egg cartons).
- Parents/guardians of a child at risk of anaphylaxis should be informed if sunscreen is offered to children – they may want to provide their own.
- Avoid putting up a sign saying 'nut-free' service. It is better to educate parents/guardians that the service is working toward being 'allergy aware'.

## Insect venom allergies:

- Ensure grass is kept short.
- Ensure the child with insect sting allergy wears shoes at all times.
- Keep lids on garbage bins.
- Do not leave drinks or drink bottles exposed in the outdoor area.
- Remove insect nests.

