Anaphylaxis Checklist:

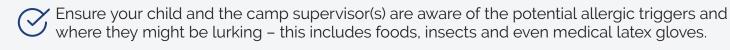
CAMPING

Organised camps or camping away from home increases the risk of allergen exposure, but with a few precautions and a bit of preparation and planning, the great outdoors can still be a rewarding experience.



Here are some tips to help the camp supervisors and your child be prepared:





Teach your child to recognise early allergy signs and remind them not to be embarrassed to speak up in an emergency.

Remind your child about not sharing food or drinks unless it has been checked by a trusted adult.

Remind your child to wash or clean their hands before eating in case they've touched a trigger.

Remind your child to stay away from obvious sources of insect bites, for example insect nests or flowers

Encourage your child to buddy up with a trusted friend and share information about their severe allergies.

Make sure the camp supervisor(s) are aware of your child's allergies and the seriousness of obtaining urgent help. Provide a list of your child's allergies in writing and give the supervisor(s) a printed copy of your child's ASCIA Action Plan.

Check the meals and make your own arrangements for providing food if you are concerned.

Ensure the camp supervisor(s) know how to use EpiPen[®]. If unsure, demonstrate with an EpiPen trainer or show the How to Use EpiPen video, available on myepipen.com.au.

Ensure that someone has a mobile and a backup portable charger in case an emergency call is required.

ALWAYS ensure your child has at least two in-date EpiPens with them at all times – especially on hikes.

For more valuable resources on EpiPen and anaphylaxis, visit myepipen.com.au

ASK YOUR PHARMACIST ABOUT THIS PRODUCT.

EPIPEN is for the emergency treatment of anaphylaxis. EPIPEN is not a substitute for emergency medical/hospital care. Call 000 immediately after administering EPIPEN. An additional dose of EPIPEN may be needed while waiting for emergency care. EPIPEN is available from pharmacies with a prescription, or without a prescription as part of a formal anaphylaxis action plan provided by a health practitioner.



