

## 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:**

- ✓ Ensure your child and the camp supervisor(s) are aware of the potential allergic triggers and where they might be lurking – this includes foods, insects and even medical latex gloves.
- ✓ 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](http://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](http://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.



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