

Anaphylaxis Checklist:

SLEEPOVERS

Sleepovers are just another form of party, so the same guidelines tend to apply.



When there's fun to be had and food and drink to be shared, this checklist will help prepare you and your child.



- ✓ Remind your child of the specific triggers to watch out for.
- ✓ Snack foods often go hand in hand with sleepovers. Some of the most common items to watch out for include cow's milk, eggs, peanuts and other nuts. If your child is old enough, teach them how to review a label on a packet of snack foods.
- ✓ Tell the host about your child's allergies early and offer to provide safe food.
- ✓ Teach your child to recognise early allergy signs and remind them not to be embarrassed to speak up in an emergency.
- ✓ Encourage your child to inform friends about their allergies, triggers to avoid, the early signs of an anaphylactic reaction and when to get an adult.
- ✓ Remind your child about not sharing food or drinks, unless it has been checked by a trusted adult.
- ✓ Remind your child to wash hands before eating in case they've touched a trigger.
- ✓ Give the host a printed copy of your child's ASCIA Action Plan and ensure they know how to use an EpiPen®. If unsure, demonstrate with an EpiPen trainer or show the How to Use EpiPen video, available on myepipen.com.au.
- ✓ ALWAYS ensure your child has 2 in-date EpiPens with them or in the care of the host.

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.

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Date of preparation: October 2025. AU-EPI-2025-00025. VIAEPI2465-H.

