

Anaphylaxis at Playgrounds & Parks

get schooled in
ANAPHYLAXIS[™]

It's not always obvious where allergens that can cause a life-threatening allergic reaction are hiding, or who might be allergic. A life-threatening allergic reaction (or anaphylaxis) can happen at any time, anywhere – whether spending time in a friend's backyard, enjoying a game with friends on the school playground or at a nearby park!

Be aware and know what to do when anaphylaxis occurs.

The ABCs of Anaphylaxis

Anaphylaxis (pronounced “a-na-fi-LAX-is”) is a life-threatening allergic reaction that can happen when someone comes into contact with a food or other item to which they are allergic. In addition to those who have experienced anaphylaxis, there may be others who have been determined to be at risk for a life-threatening allergic reaction. Some of the most common items that can cause a life-threatening allergic reaction include foods like cow's milk, eggs and peanuts; latex (found in balloons or gloves used for cleaning); and insect stings.

Tips for Playing it Safe

Playgrounds and parks can be an overwhelming setting for a child who may be at risk for a life-threatening allergic reaction and for their parents or guardians, friends and teachers. These tips can help ensure that children with potentially life-threatening allergies are playing it safe.

- ★ Remind children not to share food or drinks with friends
- ★ Encourage children to use hand wipes before and after eating and playing
- ★ Be on the look-out for insects and places where they gather (e.g., bee hives, ant hills, flower beds)
- ★ Clean up food and drinks after eating or if there is a spill to avoid attracting insects
- ★ Encourage children to inform a friend about their risk for anaphylaxis, how to recognize symptoms and when they should get an adult in case of an emergency
- ★ Remind children not to wander off if they suspect symptoms are beginning
- ★ Make sure that adults (e.g., playground/park aids, babysitters, etc.) are aware of children's allergies
- ★ Plan ahead if possible and develop a plan of action should anaphylaxis occur

Make sure you and/or the child who is at risk for anaphylaxis have emergency medicine, including epinephrine auto-injectors, on hand in the event anaphylaxis occurs.