

Anaphylaxis at Playgrounds and 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 (anaphylaxis) can happen anywhere – whether spending time in a friend's backyard, enjoying a game with friends on the school playground or playing at a nearby park!

Be aware and know what to do when anaphylaxis occurs.

The ABCs of Anaphylaxis

Anaphylaxis (pronounced “an-a-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 children with potentially life-threatening (severe) allergies manage their condition.

- ★ 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., beehives, fire 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 severe 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 epinephrine on hand in the event anaphylaxis occurs.

The Get Schooled in Anaphylaxis initiative offers practical information to educate the school community to help those at risk for life-threatening allergic reactions avoid their triggers, recognize anaphylaxis signs and symptoms and understand how to quickly get appropriate treatment and immediate medical care when anaphylaxis occurs.

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