

**TEMPLATE: letter to parents explaining
about your child's allergies**

Dear Parents,

This letter is to inform you that our (son/daughter) _____ is a classmate of your child and has a life-threatening allergy to _____.

The only way to prevent an allergic reaction is strict avoidance of the allergens. Even the smallest amount of the allergen (trace) can cause an allergic reaction.

A severe reaction can begin with an itchy rash, hives, stomach pain, itchy eyes, swelling or a runny nose. Within minutes the reaction can progress to anaphylaxis (coughing, wheezing, dizziness, vomiting, trouble breathing...). School staff have been trained to recognize such a reaction and to administer medication (adrenaline) in an emergency.

To avoid such a life-threatening allergic reaction, we are kindly asking for your support to help provide a safe school environment. Here are some ways that you can help:

- We are asking parents to be conscious in the selection of snacks that your child brings to class to limit the chances of _____ being exposed to _____.
- Please explain to your child not to share any food with our son/daughter.
- We would like to ask that if you are planning to bring in food for a special event (eg. birthday) that might not be allergen-free, that you please let us know in advance so that we can provide an alternative safe option for _____. We are happy to give advice on choosing a safe option.
- Please tell your child a little about food allergies and let them know that other than eating certain foods, people with allergies can do everything that anyone else can.

Thank you in advance for your kindness and consideration. If you have any questions, please feel free to contact us.

Kind regards,

_____ (parents' names and contact details)

The template can be downloaded from our website:
www.luxallergy.net/back-to-school
This letter is intended as a suggestion only.
The teacher or school principal should be consulted
before handing out the letter.