



Is your allergic child going to camp this summer?

**To help make it an enjoyable and safe experience,
here are some practical tips from
Allerject™ and Tim Horton Children's Foundation.**

Kids with severe allergies can join in most activities – including going to summer camp – with the proper planning.

Here's some steps to take that will help you prepare.

When selecting a camp:

- Talk to camp management. Confirm that the camp can accommodate your child's allergies. Ask about its policies, prevention strategies, food preparation practices, the training and experience of staff, and its emergency action plan.
- Find out how far the camp is to the nearest hospital, and how much time is needed for emergency medical services to arrive.
- You may want to discuss the various options with your child's allergist.

Once you choose a camp:

- Talk with the camp director. Along with a medical report, provide the camp with an allergy action plan – written information regarding what your child is allergic to, what symptoms might be expected, and what medications have been prescribed.
- Clarify the type of exposure that would trigger a reaction. Does your child react to smell, touch, or ingestion of the allergen? Or is this a reaction if stung or bitten by an insect?

- Speak directly with the food service manager to explain the extent of the allergy and techniques you use at home to avoid that allergy.
- Discuss meal plans and how your son or daughter will participate in meals. For example, a camper with food allergies might go first in a buffet line to avoid cross-contamination of foods, or a place to sit apart in a special allergen-free space might be needed.
- Assure that all appropriate personnel – life guards, transportation drivers, cooks, nurses, counselors, and others – know that your child is allergic, what to do in an emergency, where medication is located, and the protocol to follow.
- Make sure your child and the camp counselors know to keep the auto-injector out of extreme heat.
- If there are planned field trips or out of camp activities, be certain the epinephrine auto-injector accompanies the camper and the counselor. For boating or swimming activities, the auto-injector should be packed in a water-tight container.

Getting ready for camp:

- Make an appointment with the allergist to review your child's food allergies. Ask the doctor how many epinephrine auto-injectors should be taken to camp.
- Check that the auto-injectors are up-to-date (not expired).
- Review the allergy action plan with your child. Go over the do's and don'ts – e.g. do not share food with other campers, do seek help right away if a reaction is even suspected.
- Make sure your child knows how to use the auto-injector, and has a pouch or carrying case for the device.

When traveling to camp:

- An auto-injector should always be readily available (not stowed away in the luggage or baggage compartment).
- Pack safe food and snacks for the trip.
- If traveling by train or bus, make sure the personnel know about your child's allergies.

This information is brought to you by Allerject™ – the 'talking' epinephrine auto-injector from Sanofi Canada.