



ALLERGY SMART SCHOOL



What are Allergies?

 An overreaction of the body's defense system to harmless substances.
Like mistaking a friend for a foe!

Common Allergens Around Us

-  Indoor: Dust mites, pet dander, mold
-  Outdoor: Pollen, molds, insect bites
-  Food: Milk, nuts, eggs, seafood
-  Other Triggers: Pollution, smoke, cold air, exercise

Signs & Symptoms

-  Nose (Allergic Rhinitis): Sneezing, itchy/watery nose, blocked nose
-  Asthma: Cough, wheezing, breathlessness
-  Eyes: Redness, itching, watering
-  Skin (Dermatitis): Itchy, red, eczematous patches
-  Anaphylaxis (Emergency!): Breathing difficulty, swelling, rash, fainting

Prevention & Safe Practices

-  Keep rooms dust-free, wash hands after play/meals
-  Avoid food triggers (always read labels!)
-  Don't share food or personal items
-  Inform teachers/friends about allergies
-  Carry prescribed medicines/inhalers

School Safety Tips

-  Keep classrooms clean & ventilated, use air purifiers, no pets inside.
-  Create allergy-safe zones (e.g., peanut-free tables).
-  Avoid latex balloons/gloves if a student has latex allergy.