

# Allergy Management Advice for Parents

Date: [Insert Date]

Dear Parents,

We are writing to provide you with essential information regarding the management of allergies for your child, [Child's Name]. It is crucial to ensure that they remain safe and healthy while at home and school.

## Understanding Allergies

[Child's Name] has been diagnosed with allergies to the following substances: [List Allergens]. It is important to avoid exposure to these allergens to prevent any adverse reactions.

## Emergency Action Plan

In case of an allergic reaction, please follow these steps:

- Recognize the signs: [List Symptoms].
- Administer emergency medication if prescribed (e.g., EpiPen).
- Call emergency services if symptoms do not improve.

## Preventative Measures

To minimize the risk of exposure, please adhere to the following guidelines:

- Always check food labels for allergens.
- Notify teachers and staff of your child's allergies.
- Ensure your child carries necessary medication at all times.

If you have any questions or need further assistance, please do not hesitate to contact us.

Sincerely,

[Your Name]

[Your Title]

[School/Organization Name]

[Contact Information]