**Sample School Letter to All Parents**

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| Dear Parents:Click or tap here to enter text. |  | Date: Click or tap here to enter text. |

This letter is to inform you that there are several students at our school (insert name) who have life-threatening food allergies. These students are allergic to the following foods:

Click or tap here to enter text.

Eating these foods, even in trace amounts, may cause a severe reaction (anaphylaxis) that can lead to death.

The following symptoms may occur:

 Hives, difficulty breathing, vomiting and diarrhea, swelling of the lips, mouth, and throat, itching and sneezing, loss of consciousness, and death due to shock.

Even touching contaminated surfaces may cause a reaction. School staff have been trained to recognize such a reaction and to administer medication (epinephrine auto injector) in an emergency.

You can help staff and the school by taking advantage of opportunities to learn more about food allergies and by helping your child understand the foods they freely enjoy can be dangerous to others. Equally important, however, is to let them know they can support their classmates by eating and handling food responsibly.

Here are a few suggestions for you as parents:

* Never take food allergies lightly; they can be serious and life-threatening.
* Ask your child’s friends what they are allergic to and help them avoid it.
* **Tell your child, “do not share food.”**
* Frequent hand washing reduces the spread of viruses during the school year and helps protect food allergic students. Wash hands thoroughly after eating. Similarly, encourage good hygiene before and after-school. Ask your child to wash up if they have been particularly messy during breakfast. Wash hands and surfaces before handling library or textbooks or school equipment.
* Tell your child to get help from an adult immediately if a schoolmate has a reaction.

This school may have a Be a PAL Zone in the lunchroom/classroom. This is a designated area where students eat meals that do not contain specific food items or products such as peanuts and peanut butter. Additionally, an area may be designated in the lunchroom/classroom where students may only eat certain foods such as a peanut product table.

If you have questions or concerns, please contact the school nurse or the principal.  Thank you very much for your understanding and cooperation.