

THINK NUT!

We are a **NUT AWARE** school



No nuts or products containing nuts on the ingredients list should be brought into school.



BE AWARE: products which have the following labels are not banned, but can still cause anaphylactic shock in some individuals with severe allergies:

- may contain nuts
- may contain traces of nuts
- manufactured in a facility where nuts have been processed

BE AWARE: home-baked food has probably been made in a kitchen where nuts have been present.

Do **WASH YOUR HANDS** before and after eating

Do **KEEP YOUR OWN FOOD TO YOURSELF** – no sharing!

Do **LEARN THE SIGNS** of an allergic reaction:

- breathing difficulty, wheezing & coughing
- vomiting
- swelling of tongue, lips or throat
- unusual red rash
- feeling faint

Do **ASK** if you are unsure if something is safe for you or your child

