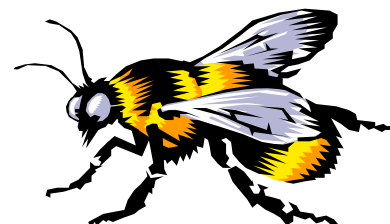


Insect Sting Alert

If the allergy is to insect stings, there is venom immunotherapy that can be given by an allergist that offers approximately 98% protection against anaphylactic reactions to insect stings.

Steps to avoid insect stings:

- Refrain from use of perfumes, hairsprays or other cosmetics
- Wear dark clothing, as insects are attracted to bright or shiny colours
- Do not wear loose clothing in which insects may become trapped
- Open all vehicle windows if a bee or wasp hitches a ride
- Properly cover foods kept outside (especially high sugar foods)
- Never drink from open soft drink cans that have been left outside
- Do not touch objects without looking to see whether there is an insect on or in them
- Keep area around garbage cans clean and occasionally spray them with insecticide
- Rinse food jars and cans before putting in recycling container
- Avoid walking barefoot
- Do not idly kick rotting logs or bushes that are unfamiliar to you
- Grow garden plants that do not attract stinging insects
- Avoid swatting the insect, gently blow it away, **stay calm!**
- Avoid insect nests or have them removed by a professional exterminator or by someone who is not insect sensitive





Allergy and Anaphylaxis Resource List

1. **York Region Health Connection**

Tel: 1-800-361-5653

Fax: 905-762-2955

An Anaphylaxis Resource Kit was developed in partnership with the York Catholic District School Board, the York Region District School Board and the School Services Team of York Region Health Services. The purpose of the resource is to provide a comprehensive, hands-on teaching package for school administrators and staff to educate the entire school community. It can be used to raise awareness of the causes of anaphylaxis and how to deal with this life threatening condition.

2. **Anaphylaxis Canada**

2005 Sheppard Ave. East, Suite 800

Toronto, Ontario

M2J 5B4

Tel: 416-785-5666

1-866-785-5660

Fax: 416-785-0458

e-mail: info@anaphylaxis.ca

website: www.anaphylaxis.ca

Anaphylaxis Canada maintains an extensive website with links to many information sources, articles, and other sites of interest. They provide information and support to people with anaphylaxis helping them to lead safe, normal lives. The network also has an extensive list of publications, audio tapes, video tapes, and supplies for adults and children.

3. **Allergy Asthma Information Association (AAIA)**

National Office

1-111 Zenway Blvd.

Vaughan, Ontario

L4H 3H9

Tel: 905-265-3322

1-888-250-2298

Fax: 905-850-2070

e-mail: admin@aaia.ca

website: www.aaia.ca

The Allergy Asthma Information Association (AAIA) has been working with Canadians from coast to coast for over four decades to improve the management of allergy, asthma and anaphylaxis by providing: information, education, support, advocacy, partnership and volunteering opportunities.

4. The Food Allergy and Anaphylaxis Network

11781 Lee Jackson Hwy., Suite 160
Fairfax, VA, USA 22033
Tel: 1-800-929-4040
Fax: 703-691-2713
e-mail: faan@foodallergy.org
website: www.foodallergy.org

Food Allergy and Anaphylaxis Network is an American organization with an extensive education and publication program. In addition to its main web page, it maintains web pages for kids and teens.

7. Canadian MedicAlert® Foundation

2005 Sheppard Ave. E.
Suite 800
Toronto, Ontario
M2J 5B4
Tel: 1-800-668-1507
Fax: 1-800-392-8422
website: www.medicalert.ca

Canadian MedicAlert Foundation is Canada's leading provider of medical information services that are linked to customized medical bracelets and necklets.

Adapted with permission from the Canadian School Boards Association: [Anaphylaxis: A Handbook for School Boards](#), September, 2001.

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