

## LIFE-THREATENING FOOD ALLERGIES AND VALENTINE'S DAY

We recognize that Valentine's Day is a time of celebration with friends, family and food; however, there are students in our school with life-threatening food allergies and these students are especially vulnerable at this time.

You can help to keep these students safe by celebrating with stickers, games or prizes and keeping peanut and nut containing products at home during and after celebrations such as Valentine's Day, birthdays, class and end of the year parties.

For more information contact:

- ◆ Your local Health Unit
- ◆ BC Nurse Line (1-866-215-4700) a free call
- ◆ BC Health Files [www.bchealthguide.org/healthfiles/index.stm](http://www.bchealthguide.org/healthfiles/index.stm)
- ◆ Your doctor
- ◆ Your pharmacist

### Health Units:

Esquimalt	360-5600	Salt Spring Island	538-4880
Outer Gulf Islands	539-3099	Sooke	642-5464
Peninsula	544-2400	Victoria	388-2200
Saanich	744-5100	West Shore	478-1757