

LIFE-THREATENING FOOD ALLERGIES AND CHRISTMAS

We recognize that Christmas 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 Christmas, 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
- ◆ Your doctor
- ◆ Your pharmacist

Health Units:

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| 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 |