

# How to prepare for an emergency

## When using this manual, note the following.

- ☆ Set up a food allergy committee in your child care center, kindergarten, or school.
- ☆ Formulate a training program for your teachers and other staff.  
Take training programs such as the one offered by the Tokyo Metropolitan Government, and refer to various guidelines\* to implement training programs in your school or facility.
- ☆ Identify the individuals who may require emergency care. Be versed in the person's Seikatsu Kanri Shido-hyo ("Allergy Control Guidance Chart") and courses of action. Make sure all teachers and staff share information from the individual's guardian, doctor, etc.
- ☆ Use this manual and establish roles and responsibilities of teachers and staff, as well as methods of operation, so that everyone can take appropriate action in an emergency.
- ☆ Establish storage methods so that EpiPen® and oral medication can be accessed and used reliably and effectively.
- ☆ Have several "Symptom check sheets" ready and use them to keep records when monitoring symptoms.
- ☆ Even when caring for people who have not been prescribed (do not have) EpiPen® or oral medication, refer to the flowchart of "How to deal with allergy symptoms" to make a determination.
- ☆ In such cases, skip the sections "How to use EpiPen®" and "Give oral medication" and use the subsequent parameters to make a determination.

### \*Various guidelines

- "Food allergy guidebook" (Issued by Tokyo Metropolitan Government Bureau of Social Welfare and Public Health, 2010)
- "Guidelines for allergic reactions in child care centers" (Issued by MHLW, 2011)
- "Guidelines for addressing allergic disorders in schools" (Issued by Japanese Society of School Health, 2008)

