

# Allergy action plans

A suggestion for implementing the strategy  
'Recognise and respond to allergic reactions'  
from the Guide: [Allergies and learning](#)

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## **Includes:**

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- No allergy action plan?
- Use your SMS
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[Inclusive Education](#)

From

Guide: [Allergies and learning](#)

Strategy: [Recognise and respond to allergic reactions](#)

Suggestion: [Allergy action plans](#)

Date

07 July 2026

Link

[inclusive.tki.org.nz/guides/allergies-and-learning/allergy-action-plans](https://inclusive.tki.org.nz/guides/allergies-and-learning/allergy-action-plans)

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## Families provide action plans

Families and whānau are responsible for providing an up-to-date allergy action plan, which they get from a registered medical practitioner.

Plans are prepared using ASCIA templates for [anaphylaxis and allergic reactions](#).

Action plans should be updated:

- following an annual doctor's appointment
- when a new auto injector is purchased
- when allergy information changes.

If a child or young person is at risk of anaphylaxis, they will be prescribed an adrenaline auto-injector (EpiPen) and given an Anaphylaxis Action Plan.

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## ASCIA allergy action plans



Source:

ASCIA

[https://www.allergy.org.au/health-professionals/ascia-plans-action-and-treatment?](https://www.allergy.org.au/health-professionals/ascia-plans-action-and-treatment?highlight=WyJhc2NpYSIsImFzY2lhj3MiLCInYXNjaWEiLCJhY3Rpb24iLCJwbGFucyIsImFzY2lhIGFjdGlvbilBwbGFucyIsImFzY2lhIGFjdGlvbilBwbGFucyJd)

[highlight=WyJhc2NpYSIsImFzY2lhj3MiLCInYXNjaWEiLCJhY3Rpb24iLCJwbGFucyIsImFzY2lhIGFjdGlvbilBwbGFucyIsImFzY2lhIGFjdGlvbilBwbGFucyJd](https://www.allergy.org.au/health-professionals/ascia-plans-action-and-treatment?highlight=WyJhc2NpYSIsImFzY2lhj3MiLCInYXNjaWEiLCJhY3Rpb24iLCJwbGFucyIsImFzY2lhIGFjdGlvbilBwbGFucyIsImFzY2lhIGFjdGlvbilBwbGFucyJd)

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## Request action plans



Source:

Ministry of Education

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## No allergy action plan?

Not every child will have an ASCIA allergy action plan.

Parents or caregivers may indicate on the enrolment form that their child has allergies, but they don't have an allergy action plan. This may be because:

- the allergy is mild and the student does not require an ASCIA allergy plan
- the family don't know that allergy plans are available from the doctor – [ASCIA information for parents](#)
- the allergy is not life threatening (pollen or animal dander allergies).

Ensure you collect all necessary and relevant information from parents and whānau so that all staff are aware of the triggers and preventative measures to ensure the child is safe.

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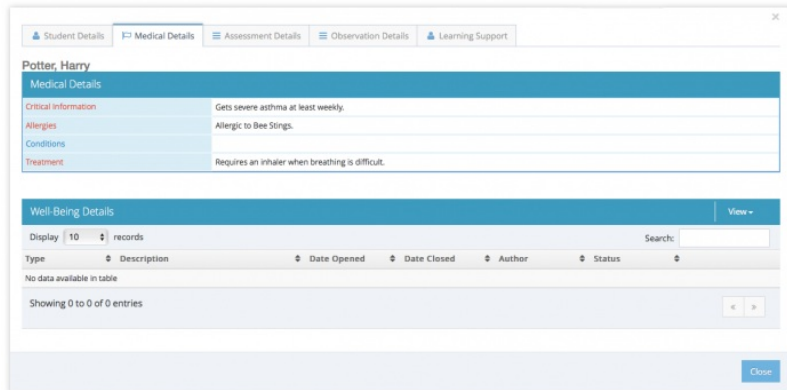
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## Use your SMS



The screenshot shows a software interface for a student's medical details. At the top, there are tabs for 'Student Details', 'Medical Details', 'Assessment Details', 'Observation Details', and 'Learning Support'. The 'Medical Details' tab is active. Below the tabs, the student's name 'Potter, Harry' is displayed. The 'Medical Details' section contains a table with the following information:

Category	Details
Critical Information	Gets severe asthma at least weekly.
Allergies	Allergic to Bee Stings.
Conditions	
Treatment	Requires an inhaler when breathing is difficult.

Below the medical details is a 'Well-Being Details' section with a 'View' dropdown menu. It includes a search bar and a table with columns for 'Type', 'Description', 'Date Opened', 'Date Closed', 'Author', and 'Status'. The table is currently empty, displaying 'No data available in table' and 'Showing 0 to 0 of 0 entries'. A 'Close' button is located at the bottom right of the interface.

[View full image \(67 KB\)](#)

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## Useful resources



### ASCIA action plans for anaphylaxis

These concise, easy-to-follow, single-page documents assist in the emergency treatment of anaphylaxis.

Publisher: Australasian Society of Clinical Immunology and Allergy

[Visit website](#)

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