

Inclusive Education

From

Guide: [Allergies and learning](#)

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

Suggestion: [Allergy action plans](#)

Date

14 June 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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