

# Useful resources



## Allergy and Anaphylaxis Guidelines for Schools and Kura

Read time: 37 min

Guidelines to support school leadership, management, and teachers throughout New Zealand to manage allergies and anaphylaxis.

[Visit website](#)



## What is allergy?

Definition of an allergy and an explanation of what happens during an allergic reaction and the areas of the body that may be affected.

Publisher: Australasian Society of Clinical Immunology and Allergy

[Visit website](#)



## How to be allergy aware: Information for school students

Read time: 2 min

This information sheet for students supports awareness and understanding of allergies. This information is valuable for teachers.

Publisher: Allergy NZ

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