

# UNIVERSITY OF TORONTO SCARBOROUGH

## HEALTH AND SAFETY BULLETIN

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### ALLERGY AWARENESS

#### NEW ALLERGY POSTER & BROCHURE

Please display in common areas to raise awareness. If you would like to obtain copies, please contact: [ehs@utsc.utoronto.ca](mailto:ehs@utsc.utoronto.ca)



#### NEW ALLERGY WEBPAGE

For more information on allergies and relevant University resources, please visit: [uoft.me/utscallergy](http://uoft.me/utscallergy)

#### NEW ONLINE TRAINING CONTENT

The University of Toronto Animal Ethics Training and Lab Safety for Non-Laboratory Users have been updated to include allergy awareness content.

#### UTSC IS NOT ALLERGEN-FREE

The University of Toronto Scarborough (UTSC) supports those with allergies and aims to increase allergy awareness on campus. Please be aware that UTSC is not allergen-free due to the diversity of campus environments and population attending and visiting the campus.

#### DID YOU KNOW?

1. About 1 in 13 Canadians have food allergies that cause health effects, ranging from minor to life-threatening symptoms.
2. Health Canada and the Canadian Food Inspection Agency identify eggs, milk, mustard, peanut, shellfish, fish, sesame, soy, sulphites, tree nuts and wheat as priority allergens.
3. Besides food allergies, other common allergens are drugs (e.g. antibiotics), latex, insect stings and animals.

#### HERE'S WHAT YOU CAN DO:

1. Wash hands before and after handling food
2. Be considerate and do not leave behind food waste or residue
3. Ask for food restrictions before eating a common food allergen with others
4. Ask about allergies and accommodate when planning activities/events involving food and/or other common allergens

#### DO YOU HAVE ALLERGIES?

Tips to manage your allergies:

##### Be Ready.

- Always carry your medications (e.g. epinephrine auto-injector(s), antihistamines, inhalers, etc.)
- Wear a medical bracelet outlining medical condition(s)
- In case of accidental exposure, know your emergency numbers and how to call for help when on campus (911 & Campus Police, 416-978-2222)

##### Be Informed.

- Always ask your food provider if food contains or may contain your allergen(s)
- Always check the ingredient label of packaged foods

##### Be Your Own Advocate.

- Let those close to you know about your allergies and how to support you in case of accidental exposure (e.g. friends, roommates, colleagues, supervisor, manager)
- Inform your University program(s) or department of your allergies, such as the university meal plan or residences, and if your allergen(s) may be a part of your work, labs, classes, field trips, etc. (e.g. food, latex, chemicals, insect bites/stings, animals)

If you require accommodations for your allergies, contact:

- AccessAbility Services (Students)
- Your Supervisor and/or Human Resources (Workplace)