

University Resources

- Campus Community Police • 416-978-2222
- Health & Wellness Centre • 416-287-7065
- Environmental Health & Safety • 416-208-5141
- AccessAbility Services • 416-287-7560
- Human Resources • 416-287-7073
- Employee & Family Assistance Program • 1-800-663-1142
- UTSC Meal Plan • 416-208-2233
- Student Housing & Residence Life • 416-287-7365

ADDITIONAL RESOURCES

- Food Allergy Canada, <https://foodallergycanada.ca/>
 - Managing Food Allergies and Anaphylaxis: A Guide for Post-Secondary Institutions: <https://foodallergycanada.ca/resources/post-secondary-guide/>
 - **Food Allergy Canada Youth Website:** Where Real Life and Allergies Collide: <http://www.whyriskit.ca/>
- Medic Alert Canada, <https://www.medicalert.ca/>



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HEALTHY CAMPUS
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ALLERGY AWARENESS



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Allergy Awareness

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.

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



DID YOU KNOW?

- 1 About 1 in 13 Canadians have food allergies that cause health effects, ranging from minor to life-threatening symptoms¹.
- 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 allergens².
- 3 Besides food allergies, other common allergens are drugs (e.g. antibiotics), latex, insect stings³ and animals.

References:

1. Soller et al. (2015). **Prevalence and predictors of food allergy in Canada:** A focus on vulnerable populations. *Journal of Allergy and Clinical Immunology: In Practice*; 3(1), 42-49
2. **Common Food Allergens: Priority Allergens**, (2018, May 14). Retrieved from: <https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/food-allergies-intolerances/food-allergies.html>
3. **About Allergies: Non-Food Allergens**. (n.d.). Retrieved from: <https://foodallergy.ca/about-allergies/non-food-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 ingredients 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(s) of your allergies such as the university meal plan, 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)

