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/
- Food Allergy Canada Youth Website: Where Real Life and Allergies Collide: http://www.whyriskit.ca/
- Medic Alert Canada, https://www.medicalert.ca/
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 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.

References:


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)