Information and Resources for Student with Severe Allergies

A number of BISC students manage severe, life-threatening allergies that can trigger an anaphylactic reaction. To help you, and other students like you, manage your allergy and avoid a reaction while studying at the BISC, we encourage you to take the following steps and actions.

Steps to Take:
Students with a severe allergy are strongly encouraged to contact us at studentservices@bisc.queensu.ac.uk to advise if you have an anaphylactic allergy. You are also asked to submit the information on the Student Portal and provide supporting documentation on the specifics of your allergy i.e. specific foods and/or insect bites that may trigger a reaction. Every student who contacts us will be contacted by the Catering Manager and a member from the Student Services Team. Together they will develop a plan to help you navigate your dining options and make informed choices regarding your participation in the complete BISC experience.

Prior to arriving on campus, students who attend Summer Orientation to Academics and Resources (SOAR) in July will be able to meet a Student Services staff member and receive important information about how to manage your allergy and prepare for your arrival in September.

Once on campus, it is important to let those around you know that you have a severe allergy so that we can help you figure out how you can best manage your allergy while at the BISC. For most students, this means that you will need to talk about your allergy as you meet new people and participate in activities. If you are not comfortable with doing this, there are people who can help you share this information.

You are encouraged to be pro-active in your self-management of your allergies. Some important reminders are:

- avoid food you are allergic to;
- advise others on how to recognize symptoms of an allergic reaction;
- have an auto-injector with you at all times; and
- have appropriate medical alerts and information on you to facilitate emergency treatment.

Emergency Treatment:
If you suspect someone is having an anaphylactic reaction take the following actions.

- Give epinephrine (EpiPen) at the first sign of an allergic reaction;
- Call 999 and ask for an ambulance to be dispatched;
- Contact the SLC on-call at 07771 856 183; and
- If no improvement after 5 minutes a second dose of epinephrine can be given.

Additional Information and Resources:

- How to Use an Auto-Injector or EpiPen
- Signs and Symptoms of Allergic Reactions
- What to do in an Emergency
- Safety Checklist