

# Back-to-School Allergy Checklist

A quick guide for parents and caregivers of students who experience allergic reactions.

Taking a few minutes now can help ensure your child returns to school ready to learn from Day 1.

## PREPARE NOW FOR THE NEXT SCHOOL YEAR

- Update your child's Allergy/Anaphylaxis Action Plan with their healthcare provider.
- Check that epinephrine is **NOT** expired and will last through the end of the school year.
- Have **TWO** doses of epinephrine on hand at all times.
- Talk with your child's doctor about all epinephrine options available, including nasal spray and needle injectors.
- Submit medication authorization forms and medications to the school nurse before the first day of school.
- If your child is allowed to self-carry, ensure they bring their epinephrine on the first day of school and during all school activities.

## IS YOUR CHILD TRULY PREPARED?

Many families find it helpful to think about how their child manages their epinephrine day-to-day.

- Does your child sometimes go to school without their epinephrine – or resist carrying it because it is bulky or embarrassing?
- Has your child had a close call with an allergic reaction without their epinephrine nearby?
- Has heat, cold, or travel ever been a concern for storing or carrying your child's epinephrine?
- If an allergic reaction happened, are you confident your child or their caregiver could use their epinephrine correctly and without hesitation?



If any of these situations sound familiar, it may be helpful to discuss them with your child's doctor.



Your school nurse plays an important role in helping students with severe allergies stay safe at school.

For more information about allergy preparedness and epinephrine options, scan this QR code.



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## WHAT IS *neffy*?

*neffy* is a nasal spray used for emergency treatment of allergic reactions including anaphylaxis, in adults and children who weigh 33 lbs or greater.

## IMPORTANT SAFETY INFORMATION

What is the most important information that I should know about *neffy*?

*neffy* contains epinephrine, a medicine used to treat allergic emergencies (anaphylaxis). Anaphylaxis can be life-threatening, can happen in minutes, and can be caused by stinging and biting insects, allergy injections, foods, medicines, exercise, or other unknown causes.

Please see additional Important Safety Information for *neffy* on the next page.

## IMPORTANT SAFETY INFORMATION (CONT'D)

Always carry two **neffy** nasal sprays with you because you may not know when anaphylaxis may happen and because you may need a second dose of **neffy** if symptoms continue or come back. Each **neffy** contains a single dose of epinephrine. **neffy** is for use in the nose only.

Use **neffy** right away, as soon as you notice symptoms of an allergic reaction. If symptoms continue or get worse after the first dose of **neffy**, a second dose is needed. If needed, administer a second dose using a new **neffy** in the same nostril *starting 5 minutes after the first dose*. Get emergency medical help for further treatment of the allergic emergency (anaphylaxis), if needed after using **neffy**.

Tell your healthcare provider if you have underlying structural or anatomical nasal conditions, about all the medicines you take, and about all your medical conditions, especially if you have heart problems, kidney problems, low potassium in your blood, Parkinson's disease, thyroid problems, high blood pressure, diabetes, are pregnant or plan to become pregnant, or plan to breastfeed.

Tell your healthcare provider if you take or use other nasal sprays or water pills (diuretics) or if you take medicines to treat depression, abnormal heart beats, Parkinson's disease, heart disease, thyroid disease, medicines used in labor, and medicines to treat allergies. **neffy** and other medications may affect each other, causing side effects. **neffy** may affect the way other medicines work, and other medicines may affect how **neffy** works.

### What are the side effects of **neffy**?

**neffy may cause serious side effects. If you have certain medical conditions or take certain medicines, your condition may get worse, or you may have more or longer lasting side effects when you use neffy.**

Common side effects of **neffy** include: nasal discomfort, headache, throat irritation, chest and nasal congestion, feeling overly excited, nervous or anxious, nose bleed, nose pain, sneezing, runny nose, dry nose or throat, tingling sensation, including in the nose, feeling tired, dizziness, nausea, and vomiting.

**Tell your healthcare provider if you have any side effects that bother you or that do not go away after using neffy.**

These are not all of the possible side effects of **neffy**. Call your healthcare provider for medical advice about side effects. To report side effects, contact ARS Pharmaceuticals Operations, Inc. at [1-877-MY-NEFFY \(877-696-3339\)](tel:1-877-MY-NEFFY) or the FDA at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

**Please see the full [Prescribing Information](#) and [Patient Information](#) for neffy.**

