

Testimonials

"Through NASK I have learned so much and our family has made some wonderful new friends who share common concerns. I now use my years of experience to help families who are new to daily living with anaphylaxis."

Cindy P.

"In the short time that I have been a member of NASK, I can tell you that the support and information provided has been extremely beneficial to me and my family."

Sue M.

"NASK helps me by meeting other boys and girls that have allergies, carry emergency medicine (epinephrine auto-injectors) and wear MedicAlert bracelets. I am happy that my family has joined NASK because we have great family-fun get-togethers and we get ideas from each other."

Marcus F.

Epi-Fund

Funding is limited. In order to determine who are in most need, an application must be completed.

Contact Sherri at 905 714-1514 or nask@sympatico.ca

Acknowledgements

b!

Wise Guys Charity

TVCogeco

Signature Signs

AAIA

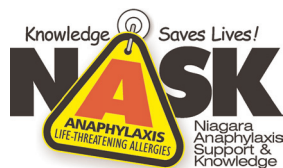
Anaphylaxis Canada

AaaN

Allergic Living

Welland Lions Club

Lisa Park



"Your Niagara voice for allergy-awareness."

Canadian Websites

www.nask.ca

www.b-online.ca

www.anaphylaxis.ca

www.aaia.ca

www.allergysafecommunities.ca

www.allergicliving.ca

www.eworkshop.on.ca/allergies

www.epipen.ca

www.twinject.ca

www.medicalert.ca

www.inspection.gc.ca

NASK in Niagara

Having a large active membership allows NASK to reach the widest possible group of families and individuals and to advocate for "allergy aware Niagara."

NASK Accomplishments

Serving Niagara since 1997.

Across-Ontario advocacy

for Sabrina's Law-January 2006.

Awarded the *Peter F. Drucker Canadian Non-profit Innovation Award* for Board Involvement and efficiency 2006.

NASK advocates and works with:

School Boards

Local Media

Food Industry

Community & Recreation Centres

Public Health

Childcare Providers

Local Allergists

NASK Contact Information

Dunnville/Haldimand (Karen) 905 701-0112

Grimsby/Lincoln (Sandi) 289 566-9173

Niagara Falls (Debbie) 905 357-2184

St. Catharines (Cindy) 905 934-0681

Welland (Sherri) 905 714-1514

NASK

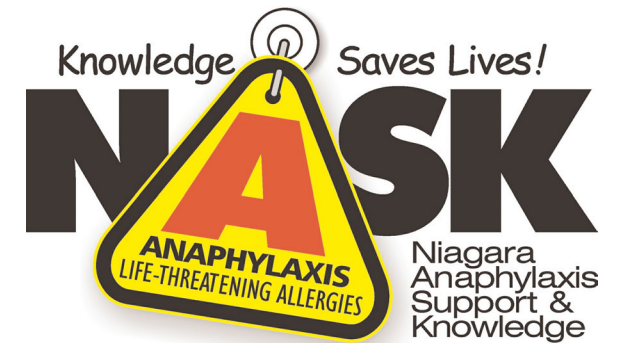
c/o 19 St. Lawrence Drive

St. Catharines, ON L2M 2T7

Email: nask@sympatico.ca

Website: www.nask.ca

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www.nask.ca

NASK is a non-profit volunteer group serving individuals and families living with anaphylaxis (life threatening allergies) throughout Niagara.

Mission

- Dedicated to increasing the awareness of anaphylaxis.
- Shares information, educates, advocates and partners with other organizations.
- Supports and connects families affected by anaphylaxis in Niagara and surrounding areas.

Vision

For anaphylactic children to grow up safely and all people living with life threatening allergies to lead normal, productive lives in an allergy aware Niagara.

"Because life is precious"

Anaphylaxis (anna-fill-axis)

is a serious allergic reaction that may cause death. Reactions can have a rapid onset and are usually triggered by:

- Foods
- Insect Stings
- Latex
- Exercise
- Medication

Most food reactions are caused by: peanuts, tree nuts, fish, crustaceans, milk, egg, soy, sesame seeds, wheat and sulphites.

Anaphylaxis is a serious allergic reaction. Symptoms may appear in any order or combination.

Know the signs and symptoms!

Face - Itchiness, redness, swelling of the face and tongue.

Airway - Trouble breathing, swallowing or speaking, coughing.

Stomach - Stomach pain, vomiting, diarrhea.

Total Body - Rash, itchiness, swelling, weakness, paleness, sense of doom, loss of consciousness.

F.A.S.T.- from Anaphylaxis Canada's "Think Fast" poster, with permission.

Know what to do! (A.C.T.)

Administer - EpiPen[®] or Twinject[®]
Follow instructions located on EpiPen[®] or Twinject[®]. It is dangerous to wait!

Call 911 Say, "Someone is having a life threatening allergic reaction. Send ambulance." State location and time of injection. Stay on the line.

Remember-Give 2nd dose in 10-15 min only if reaction continues or gets worse (breathing/consciousness).

Transfer care to emergency responders.
Ensure transport to hospital.

NASK Membership Provides

- Current information and knowledge
- Regular email updates and electronic newsletters
- Lending library
- Family fun events and activities
- Experience-based support

"Sharing is learning."

NASK Members

- Share experiences and information
- Identify and share practical strategies for managing anaphylaxis on a day-to-day basis
- Work together to develop the skills necessary to advocate for their own or their child's individual needs in a positive and productive manner
- Provide each other with assistance, information, support and friendship in difficult situations

"Our best learning comes from each other."

Membership

New Members \$35.00

This includes a comprehensive package of information, and a personal orientation meeting.

Annual Renewal fee \$20.00.

From September 1st to August 31st.

The NASK membership list is not distributed outside of the NASK Executive, or sold to anyone. Your privacy is maintained.

Join today! Membership year is September 1 to August 31.

Please make cheque payable to NASK and mail to:

NASK, c/o 19 St. Lawrence Drive, St. Catharines, ON L2M 2T7

Email: nask@sympatico.ca

YES, I would like to become a NASK member. My \$35.00 new membership fee includes an information package and a personal orientation meeting.

YES, I will become a volunteer with NASK. Please contact me to discuss how I can help promote anaphylaxis education and awareness.

YES, I support the many education and awareness-raising programs throughout Niagara. I enclose my gift of \$ _____.

Name: _____ Email: _____
Street Address: _____
City: _____ Phone #: _____
Postal Code: _____