

Appendix B: Life-Threatening Allergy Guidelines 2021-2022

***We are not a nut-free facility but have a goal to minimize risk of exposure for students with a life-threatening allergy.**

Background: Life threatening allergies affect 1 in 13 children today and are mostly of an allergy to peanuts, egg, dairy, soy, wheat, fish and shellfish, insect stings, and latex. There is no cure!

The physical signs include:

- Sudden onset with symptoms beginning within 15 min- 2hours after exposure to the agent
- May present with hives
- Feeling of apprehension, sweating, weakness
- Feeling of fullness in throat, swelling of lips, tongue, eyelids, or nose
- Difficulty breathing
- Change in quality of voice
- Tingling sensation around mouth or face, nasal congestion, itching, wheezing
- Low blood pressure with weak rapid pulse
- Loss of consciousness, shock, coma

Goals:

1. Ensure daily management of food allergies in individual children
 - a. Identify children with life threatening allergies.
 - b. Obtain a plan to manage the allergy with an Emergency Care Plan (ECP) for each child. **St. Bartholomew cannot guarantee an allergy free environment** however, a plan for each child will be in place and kept with Epi-Pen.
 - c. Help children manage their own allergy as appropriate. As per MD, a child may carry their Epi-Pen. Allow children to clean or use separate supplies before each use as necessary.
2. Prepare for food allergy emergencies.
 - a. Communication system that is easy to use. (cell phone, classroom phone, intercom).
 - b. Call the school nurse or office when suspected.
 - c. **If breathing is compromised, or the child is unresponsive, call 911!**
 - d. Epi-Pen's will be kept easily accessible unlocked in the office or on students, if appropriate. **Use of the Epi-pen when needed and must call 911, even before parents.**
 - e. Understanding of staff role in emergency- call school nurse, administer epi as prescribed in ECP.
 - f. Prepare for food allergy reaction in children without prior history of food allergy. Document any reactions as required with as many details as possible
3. Provide professional development on food allergies for staff.
 - a. General training for all staff. This will be conducted by the school nurse and will include definition of allergies, signs and symptoms, use of Epi-pen, and steps in emergency.
 - b. In-depth training for staff with frequent contact with children with allergy. School nurse will notify the teacher of any students in the classroom with allergy and offer suggestions to minimize risk of reaction. Can meet quarterly with individual teachers as needed.

4. Educate children and families about life-threatening allergies
 - a. Teachers (or nurse if asked) will teach all children the signs and symptoms of anaphylaxis, bullying, how to find help, handwashing, food sharing, safe-zones.
 - b. Teach all parents and families about allergies. Letter sent home including a list of safe snacks to be provided for snack time.
5. Create and maintain a healthy and safe environment.
 - a. Allergy-free table in the lunchroom.
 - b. Handling policy to prevent contamination. Soap and/or bleach water-not sanitizer, separate food prep, read labels.
 - c. Any outside group that uses a school facility is asked to follow policy.
 - d. Provide a positive psychosocial climate.
 - e. Have students wipe the desk after snack then wash hands in the bathroom.

Nurse:

1. Collect Emergency Care Plan for each student. Review information on plan and share with the teacher. It should contain: student name, allergen, signs of reaction, and treatment plan signed by parent and MD.
2. Provide education to staff members about Life-Threatening Allergies, Epi-Pen administration, Emergency Plan steps 2x/year during staff meetings.
3. Upon request, provide classroom education, if supported by parents to educate students and assist teachers in providing a safe environment and allergy education.

Teacher:

1. Review Emergency Care Plan for students with Life-Threatening Allergy.
2. Inform substitute teachers of students with allergies.
3. Ensure proper medications and information is brought on field trips (may ask school nurse for assistance)
4. Collaborate with parent and school nurse on providing a safe environment and follow FERPA laws on personal information shared.
5. Ask that non-food items be used for rewards and that food items brought into the classroom are made without allergens and/or adhere to allergy labels.
6. Immediately address social issues such as teasing and bullying.

Parents of Students with Nut Allergies:

1. Must notify the school of a child with allergies.
2. Obtain the required paperwork (ECP and school medication form) with necessary information completed and signed by both parent and doctor.
3. Provide school with 2 Epi-Pens, Benadryl, or other meds as needed that are not expired.
4. Provide consent to share information with other school staff.
5. Contact information, name/number of PCP, description of past reactions.
6. Reinforce no food sharing, eating a nut-free table, hand-washing before and after eating.
7. Teach the child about signs and symptoms and immediately report, where Epi-Pen's are kept, carrying an Epi-Pen, and report any teasing or bullying.
8. Encourage and attend field trips when possible.

Students with Nut Allergies:

1. **Student will know and report signs and symptoms of allergic reactions immediately:** The physical signs may include:
 - a. Sudden onset with symptoms beginning within 15 min- 2 hours after exposure to the agent
 - b. May present with hives
 - c. Feeling of apprehension, sweating, weakness
 - d. Feeling of fullness in throat, swelling of lips, tongue, eyelids, or nose
 - e. Difficulty breathing
 - f. Change in quality of voice
 - g. Tingling sensation around mouth or face, nasal congestion, itching, wheezing
 - h. Low blood pressure with weak rapid pulse
 - i. Loss of consciousness, shock, coma
2. Students will know where EPI-PEN is kept, if prescribed, or with Physician approval and written documentation keep EPI-PEN on person.
3. Students will not share food, will eat at the nut free table and will wash hands before and after eating.
4. Students will report any teasing or bullying immediately.
5. Students will attend field trips when possible.

Students that may be in a classroom with nut allergic students:

1. Students will be informed of an allergic student in the classroom and will be informed of signs and symptoms of an allergic reaction and how to report a reaction.
2. Students will not pack or bring nuts or nut containing items to the classroom.
3. Students will wash hands before and after eating.

In an Emergency:

1. Assess the emergency.
2. If student safety is a concern, give Epi per Care Plan and call 911. Do not hesitate to give Epi! Then call the school nurse and/or office.
3. Remain with student – never send student to office without an adult.
4. If early onset, call the school nurse/office and follow the student's Allergy Action Plan with administration of Epi.
5. Call 911 (if not done already)
6. Notify parents or guardians.
7. Notify school administration
8. Meet emergency medical responders at school entrance # 1.
9. Direct EMS to student.
10. School personnel will accompany student to hospital and stay until the parent arrives.
11. Assist student's reentry into school.

Source: cdc.gov/healthyyouth US Department of Health and Human Services