

## **Guidelines for Food Allergy Management**

Pursuant to Board Policy 5141.55, "Students with Special Dietary Needs - Food Allergy Management Plan," the district's Food Allergy Management Team has established the following guidelines to promote a safe environment for students with life-threatening food allergies:

### **1. Identification of Students with Life-Threatening Food Allergies**

#### **2. Individual Health Care Plans**

- Each student with a life-threatening food allergy will have an individualized health care plan and an emergency care plan (ECP) developed by the school nurse in collaboration with the child's physician and parents.
- Health care information will be distributed to all appropriate personnel
- Substitute teachers will receive a list of students in their class with life-threatening allergies along with procedural guidelines
- School nurses will designate and train appropriate personnel in the administration of emergency medications to be used ONLY if the nurse is unavailable. The administration of medications will be conducted pursuant to the Board's policy on such.

#### **3. Strategies to Reduce the Risk of Exposure**

This section is intended to reduce the risk of exposure, not eliminate it. No school is allergen free and should not be presumed to be safe simply because there are guidelines to reduce exposure.

- If deemed appropriate, a classroom or an area in the school cafeteria may be designated "peanut (wheat, egg, etc.)-free"

#### **4. Ongoing Education**

- Training of all school personnel to recognize symptoms of anaphylactic shock and action steps will be conducted each year.
- The list of trained personnel for each child will be posted in the main office and cafeteria and each building

#### **5. Emergency Medical Response Plan**

Common foods that cause life-threatening allergic reactions:

- Peanuts
- Tree nuts (walnut, cashew, pecan, hazelnut, almond, etc.)
- Milk
- Fish
- Shellfish
- Soy
- Wheat

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To cause an allergic reaction, the food does not have to be ingested to cause a reaction. It could be inhaled or exposed through the skin. The quantity of food could be miniscule and not seen by the naked eye.

Symptoms of allergic reactions:

- Localized swelling, itching or rash of any body part
- Itchy lips
- Difficulty swallowing, breathing
- Stomach cramps r pain
- Vomiting, nausea or diarrhea
- Coughing or wheezing
- Flushed, pale skin
- Dizziness, fainting
- Heartbeat irregularities
- Decrease in blood pressure
- Anxiety

A student on the life-threatening food allergy list experiencing an allergic reaction may have one, some or all of these symptoms at one time or another. If any of these symptoms are displayed, the following action **MUST** be taken.

Care Steps:

All symptoms, no matter how minor, need to be recognized and treated promptly. Follow these steps:

1. Call the school nurse or main office **IMMEDIATELY**
  2. Administer epinephrine auto-injector (Epi-Pen)
  3. Call 911 (even if the symptoms are gone)
  4. Call child's parent(s)
  5. Talk quietly and slowly to the child
  6. Adult escort child in ambulance when appropriate
- Procedures for the care of life-threatening food allergies will be posted in the school cafeteria, main office, medical office of each building and on every school bus.

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### **6. Monitoring and Assessing the Plan**

After each emergency:

- Administration and/or school nurse review all steps with personnel to insure procedure was followed
- Make any revisions necessary

### **7. Notification**

These guidelines must be posted on the Board's website or the website of each school. Annual notice of these guidelines shall be provided to parents/guardians in conjunction with the notice required of the pesticide management policy.

#### References:

Connecticut General Statutes

- 10-15b Access of parent or guardian to student's records
- 10-154a Professional communications between teacher or nurse and student
- 10-207 Duties of medical advisors
- 10-212a Administrations of medications in schools
- 10-212c Life threatening food allergies: Guidelines; district plans
- 10-220i Transportation of students carrying cartridge injectors

- 20 U.S.C. 1232g, Family Education Rights and Privacy Act (FERPA)
- 29 U.S.C. 794, Section 504 of the Rehabilitation Act of 1973
- 20 U.S.C. 1400, Individuals with Disabilities Education Act (IDEA)
- 42 U.S.C. 12101 Americans with Disabilities Act (ADA)