

# Hampton Elementary School

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## Guidelines

### Managing Life Threatening Food Allergies at Hampton Elementary School

Dear Parents/Guardians,

Please review these guidelines regarding the management of life threatening food allergies at Hampton Elementary School. Your child's safety here at school is of primary importance. These guidelines have been developed in collaboration with our school medical advisor, the Hampton Board of Education Policies, the Connecticut State Department of Education and the State Department of Health.

#### Overview of Anaphylaxis:

Anaphylaxis is a potentially life threatening reaction upon exposure to certain allergens such as foods or insect stings. These allergens may cause a cascade of symptoms affecting the skin, gastrointestinal system, respiratory system, and cardiac system. Avoidance of the allergen is the only way to prevent an allergic reaction. Although an individual can be allergic to any food, the list below shows the most common food allergens:

- Peanut
- Tree nut (walnut, cashew, pecan, hazelnut, almond, etc.)
- Milk
- Egg
- Fish
- Shellfish
- Soy
- Wheat

Anaphylaxis refers to a widespread systemic response to an allergen. The symptoms can include:

## Symptoms of Anaphylaxis:

Skin	Swelling of any body part Hives, rash on any part of body Itching of any body part Itchy lips
Respiratory	Runny nose Cough, wheezing, difficulty breathing, shortness of breath Throat tightness or closing Difficulty swallowing Difficulty breathing, shortness of breath Change in voice
Gastrointestinal (GI)	Itchy tongue, mouth and/or throat Vomiting Stomach cramps Abdominal pain Nausea Diarrhea
Cardiovascular	Heartbeat irregularities Flushed, pale skin Coughing, cyanotic (bluish) lips and mouth area Decrease in blood pressure Fainting or loss of consciousness Dizziness, change in mental status Shock
Other	Sense of impending doom Anxiety Itchy, red, watery eyes

[http://www.sde.ct.gov/sde/lib/sde/pdf/publications/food\\_allergies/food\\_allergies.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/publications/food_allergies/food_allergies.pdf)

Anaphylaxis requires immediate intervention with a prescribed epinephrine auto injector. Some individuals may require a second injection of epinephrine. Due to the possibility of this biphasic reaction, the Emergency Medical System will automatically be activated by a 911 call for any use of an epinephrine auto injector in the school setting.

## **Roles and Responsibilities**

### **Parent Responsibilities:**

Your child's safety at school is of the greatest importance at HES. Although our priority for your child is no exposure to any allergen, a plan is in place should exposure occur. Each child with a life threatening allergy will have an **Individualized Emergency Health Care Plan** at school. In keeping with Hampton Board of Education policy, the following responsibilities are necessary as part of each child's emergency plan.

- Notify and update the school nurse each year regarding your child's life threatening allergies including specific allergens and symptoms experienced by your child
- Provide documentation from your physician regarding any allergy
- Provide a doctor's order (form available on website) for any medication including EpiPen, Benadryl, etc.
- Provide medication in original container with original pharmacy prescription label each year and again when medication may become outdated
- Pick up your child's medication at the end of each school year
- Complete the school emergency card each year including emergency contacts, insurance information, health information, and choice of hospital
- Communicate and participate in formulating your child's **Emergency Plan**
- Review your child's allergy guidelines with him/her so your child can play an active role in understanding his/her needs
- Encourage your child to wash his/her hands before every snack and meal at school
- Provide a list of safe food choices and consider sending some safe snacks to keep on hand in the health room

### **Student Responsibilities:**

Student responsibilities for his/her allergy needs will change as he/she grows and matures over time. Even very young children can learn what allergens must be avoided. The student must participate in managing his/her allergic condition as much as he/she is able. The following student responsibilities are an important part of your child's safety plan.

- Learn about and recognize symptoms of allergic reactions
- Immediately tell the closest adult if any possible symptoms occur
- Never eat any food that has not come from home or been approved by parent, nurse, or teacher
- As stated on page 9 of the Hampton Elementary Handbook, be aware that food sharing or trading is never allowed
- Wash hands before and after each snack or meal at school

- Discuss any questions or concerns about any aspect of allergy management with parent or school nurse

**School Nurse Responsibilities:**

The school nurse will coordinate and communicate your child’s allergy plan while here at school while also implementing an **Individualized Emergency Medical Plan** specific to your child’s needs. The following responsibilities are an important part of keeping your child safe at school.

- Discuss student’s allergies with parent/guardian at the beginning of each school year and as needed throughout the school year
- Draft and update an **Individualized Emergency Medical Plan** each year and as necessary
- Communicate to others including substitute nurses, administration, teachers, staff, and food service personnel regarding the student’s specific allergy and allergy plan
- Train administrators and teachers about anaphylaxis and administration of epinephrine injectors each year and as necessary throughout the school year by using guidelines established by the State of Connecticut Department of Education and policies established by the Hampton Board of Education, e.g.

School Health Policies/Procedures - Hampton

2. If a prescribed medication must be given during the school day it shall be administered by a licensed, registered nurse (RN) or in his/her absence, a trained administrator or teacher. Administrators and teachers trained in the administration of medications may administer oral, topical, or inhalant medications. Those administrators and teachers who have had additional training in the administration of medications by injection may administer injectable medications only to a student with a medically diagnosed allergic condition which requires prompt treatment to protect the student from serious harm.

Investigational drugs may not be administered under any circumstances.

- Keep EpiPens in an easily accessible, unlocked area in the health room throughout the school day
- Provide student’s prescribed EpiPen for all field trips
- Provide “allergy free zones” in cafeteria and in individual classrooms where necessary
- Provide guidelines regarding safety measures including washing tables down before and after classroom snacks, hand washing before and after snack, and alerting nurse to any and all classroom celebrations where food may be contributed

- Maintain no food or drink policies on buses
- Maintain frequent communication with student, parents, and staff

<http://www.cga.ct.gov/> Section 10-212c

### Community Responsibilities:

Due to a number of life threatening food allergies, the Hampton Elementary School community must adhere to allergy guidelines as found on page 9 of the student handbook. It is very important to adhere to the guidelines at all times. Here are some important additional points:

- Healthy treats such as fresh fruit and vegetable platters are encouraged in order to promote health and wellness at HES
- **Always** speak to your child's teacher or to the school nurse **before** sending in any special party or birthday foods
- Children may **never** share or trade foods in the classroom or at lunch. It could compromise another's safety
- **Some examples** of commonly used tree nuts are cashews, almonds, walnuts, pistachios, pine nuts, macadamia nuts, hazelnuts, and Brazil nuts. Many baked goods and granola or nut bars contain these items
- Even foods seemingly free of tree nuts and peanuts may contain trace amounts when processed in companies that prepare other nut products. These traces are just as dangerous as eating the nut or peanut itself. Reading labels is important since allergens will be listed
- The lunch period has an "allergy free table" which is a safety zone where only children without any allergens may sit. **Any child** may use the table as long as there are no traces of tree nuts, peanuts, or other allergens in their lunches
- Please read labels, speak with your child's teacher and/or the school nurse regarding any foods contributed to special occasions

By working together, all children at HES will continue to learn and grow in a safe environment. Listed below are some helpful websites regarding severe life threatening allergies and their management in school:

12/20/18

- [www.aaaai.org](http://www.aaaai.org) (anaphylaxis)
- [www.cga.ct.gov/](http://www.cga.ct.gov/)
- [www.nlm.nih.gov/medlineplus/foodallergy.html](http://www.nlm.nih.gov/medlineplus/foodallergy.html)
- [www.sde.ct.gov/sde/lib/sde/pdf/publications/food\\_allergies/food\\_allergies.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/publications/food_allergies/food_allergies.pdf)

