



FOOD ALLERGY – PARENT RESOURCE

The Three Rivers local School District recognizes the increasing prevalence of student allergies and the life-threatening nature of allergies to many students. The school district administration has developed and implemented a policy and protocol to minimize the risk of exposure to allergens that pose a threat to students, to educate all members of the school community on management of student allergies and to plan for the needs of the student with allergies.

Background

The number of students with life-threatening allergies, especially food allergies, has increased substantially in recent years.

Allergic reactions vary among students and can range from mild to severe and life-threatening anaphylactic reactions. Anaphylaxis refers to a collection of symptoms affecting multiple systems in the body, the most serious of which are breathing and a drop in blood pressure. Both are potentially fatal. Anaphylaxis can occur immediately or up to two hours after allergen exposure. Some students, who are very sensitive, may react to just touching or inhaling the allergen.

- The most common causes of anaphylaxis in children include allergies to:
- Foods (most commonly peanuts, tree nuts, milk, dairy products, eggs, soy, wheat, fish and shellfish.
- Insect stings (yellow jackets, bees, wasps, hornets)
- Medications
- Latex

Communication with Parents

The school nurse will contact the parent/guardian of students with severe allergies. The school nurse/health aide will decide, with the parents, if a meeting with the teacher and/or principal is needed. The purpose of the call and/or meeting is to create an environment that minimizes the chance of an allergic reaction. An Anaphylactic Allergy Action Plan (see attached document) will be completed by the parent and the student's physician. Anaphylaxis is a spectrum

of symptoms and the plan is formulated to incorporate treatment of each symptom.

Transportation

The school nurse will provide the transportation administrator with information regarding student allergies. This information will be shared with the student's bus driver(s) by the transportation administrator.

Transportation will send a letter to all families explaining the district policy of no eating at any time on the bus going to or from school.

Food Service

Parents are encouraged to provide food/snacks for students with severe allergies.

The school nurse will provide the food service director with copies of the Anaphylactic Allergy Action Plan for students with severe allergies. The food service director will be responsible for informing the cafeteria staff and placing an allergy alert status in the cafeteria computer.

School-Wide Plan

All teachers will receive a copy of the Anaphylactic Allergy Action Plan for students with severe anaphylactic allergies. The school nurse/health aide will demonstrate the use of the EpiPen at the first staff meeting prior to the start of the school year.

Elementary playgrounds will be equipped with walkie-talkies for communication as needed.

Medication

The school nurse/health aide will obtain medical orders for the student to have two EpiPens, if possible. Exceptions will be made on an individual basis. One EpiPen is to be kept locked in the nurse's office and one in the classroom, also in a locked area. Middle and high school students that can self-medicate will carry their EpiPens with them. Students must be transported to the hospital by ambulance if epinephrine is given.