

FOOD ALLERGY & SCHOOL TEAMS

HOW CAN YOU HELP PREVENT ANAPHYLAXIS?

PREVENTION: STRICT AVOIDANCE OF KNOWN FOOD ALLERGENS

Develop & Implement Risk Reduction Strategies for Areas Inside Building

- ❖ Staff food allergy and anaphylaxis education by school nurse or other registered nurse
- ❖ Classroom strategies to avoid presence of food allergen
- ❖ Signage on doors and/or windows indicating food allergen restrictions
- ❖ Education awareness for classmates
- ❖ Newsletter & teacher notes and reminders
- ❖ Parties (e.g. holidays, birthdays, cultural celebrations)
- ❖ Snack times
- ❖ Cafeteria/lunchroom and cooks
- ❖ Assemblies
- ❖ Recess supervision with trained adults
- ❖ Substitute teachers
- ❖ Classroom cleaning
- ❖ Specials (e.g. art, music, gym, drama)
- ❖ Computers
- ❖ Bathrooms
- ❖ Before & After School Programs
- ❖ Building use by outside groups
- ❖ EMS/ambulance response to school



PREVENTION: STRICT AVOIDANCE OF KNOWN FOOD ALLERGENS

Develop & Implement Risk Reduction Strategies for Areas Outside Building

- ❖ Bus transportation
- ❖ Regular and substitute bus drivers
- ❖ Seat assignment as needed
- ❖ EMS/ambulance response when away from building for school activity
- ❖ Field trips
- ❖ Special events (e.g. ice cream socials, breakfast with Santa, field day, fundraisers)
- ❖ Sporting events
- ❖ Community use of school grounds



POSSIBLE LUNCH SEATING ACCOMMODATION OPTIONS

- ❖ Eat in cafeteria/lunchroom with no seating or table restrictions.
- ❖ Eat in cafeteria/lunchroom at end of a table with classmates beside student and across from student who have lunches free of diagnosed food allergen(s).
- ❖ Eat in cafeteria/lunchroom at a table free of diagnosed food allergen(s).
- ❖ Eat in cafeteria/lunchroom at a table free of diagnosed food allergen(s) near the door with trained adult supervision.



- ❖ This individualized decision is made collaboratively between the students' clinical team, school personnel and parents/guardians.
- ❖ Meal accommodation strategies may also be included in student 504 plans or Individualized Health Plans.
- ❖ Accommodation plans may be altered during an academic year based on changes in the medical condition and/or preferences of a student.

TIPS FOR SCHOOL TEAMS

- ❖ Be prepared and vigilant every day.
- ❖ Always read ingredient labels for food and non-food products to check for allergens.
- ❖ When in doubt of all ingredients in a food, do not offer it to a student with food allergy.
- ❖ Practice anaphylaxis emergency plan.
- ❖ Be flexible.
- ❖ Look out for the unexpected.
- ❖ When it comes to "rights versus safety", choose health and safety.
- ❖ Avoid using food in lesson plans.
- ❖ Avoid using food as treats or rewards.
- ❖ Do not pressure any student to consume food.
- ❖ Include parents/guardians as a resource for evaluating safety of foods and activities for their child.
- ❖ Carry all medication, medical information & cell phone on field trips.
- ❖ Know how to call for emergency response services (911) when on field trips.
- ❖ Be alert to bullying from classmates or staff and enforce school bullying policy.



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