

SEVERE FOOD ALLERGIES

The incidence of severe food allergies in the general population is increasing. Anaphylactic shock can be caused when an allergic person is exposed to even a small amount of the allergen. Exposure can occur by swallowing, touching, and/or inhaling airborne particles or absorbing residues from other surfaces. Peanuts/nuts are the most common cause of fatal food reactions. In order to minimize the incidence of life threatening allergic reactions, the Cardinal Community School District will maintain a system-wide emergency plan for addressing life threatening allergic reactions. Training and education for Cardinal School employees, as well as building based student education, will occur to raise the level of awareness. Further, the District will utilize proactive procedures to minimize the chance of a child experiencing a life threatening allergic reaction.

1. At the Elementary, school staff and parents in classrooms where one or more students with a life threatening allergy will be notified of the health threat and be provided with a list of foods and materials to avoid.
2. NO HOMEMADE TREATS OR FOOD ITEMS for students, will be brought into our schools either by parents or staff. All treats must be commercially prepared and packaged for distribution with intact ingredient labels. Classrooms with students who have life threatening allergies will have more specific guidelines.

School Nurse Responsibilities:

1. To work with parents, health care providers, and school staff to develop the student's Individualized Health Plan (IHP) and Emergency Health Plan (EHP) and to update these plans yearly and more often as needed.
2. To instruct staff, who interact with the student on a regular basis, in the dynamics of the student's food allergy, to recognize symptoms of a reaction and to know what to do in an emergency.

Legal Reference:

Cross Reference:

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3. To train designated staff in the EHP. This could include training in giving emergency medications and/or administering the epinephrine auto-injector.
4. To make educational information available to staff, students, and the community when requested.
5. To reinforce self-management of students in dealing with their food allergies.

Student Responsibilities:

1. Never trade food or share utensils with other students.
2. Be aware of the signs and symptoms of a reaction to known allergens.
3. Notify an adult immediately if he/she has eaten something that may contain the known allergen.
4. Participate in the development of his/her IHP and EHP, including signing and complying with the epinephrine auto injector contract, if indicated.

