

## **ANAPHYLAXIS and FOOD ALLERGIES**

- **What is Anaphylaxis?**

**Anaphylaxis** is the most serious form of an allergic reaction and occurs after being exposed to an allergy trigger. This type of reaction can be life-threatening; therefore, avoidance is the cornerstone of preventing an allergic reaction.

- **Common Causes:**

Some of the most common allergens that can cause Anaphylaxis include:

1. Peanuts
2. Tree Nuts
3. Eggs
4. Milk
5. Wheat
6. Seafood
7. Soy
8. Latex
9. Medications
10. Insect Stings

### **Guidelines for Anaphylaxis Management**

The Anaphylaxis Preparedness Program/Anaphylaxis Act 2014-405 focuses on providing a safe and healthy learning environment for all students. Anaphylaxis/EpiPen education and training is mandatory every year for all staff. If an EpiPen is administered for a severe life-threatening allergic reaction under the guidelines of the Anaphylaxis Preparedness Program/Anaphylaxis Act 2014-405; 911 will be called.

- **Responsibilities of the Parent/Guardian of a Student at Risk of Anaphylaxis**

- If your child is diagnosed with a food allergy or anaphylaxis, you must notify the school nurse.
- If your child requires any food substitutions or accommodations, you must have your child's medical provider complete and sign the Diet Prescription Form for Meals at School. Completed form should be submitted directly to the school nurse.
- If your child requires an EpiPen at school, you must have your child's medical provider complete and sign the School Medication Prescriber/Parent Authorization Form. Completed form should be submitted directly to the school nurse.
- Parents shall educate their child in the management of anaphylaxis to include:
  - Learning about safe eating practices. Do not share any food or accept any food from another child.
  - Understanding the importance of reporting any symptoms of an allergic reaction immediately to school staff.
  - You should teach your child to wash their hands with soap and water before and after eating.
- You should **not** send in any food items to be shared during classroom parties or celebration without speaking with your child's teacher.