School Nurse Health Watch!

school	Date	Nurse

Food allergies and child safety

Food allergies can be life-threatening! The risk of accidental exposure to allergenic foods can be reduced in the school setting if schools work with students, parents, and physicians to minimize risks and provide a safe educational environment for food-allergic students. The Food Allergy and Anaphylaxis Network's School Food Allergy Program has developed school guidelines for managing students with food allergies.

If you have a child with a food allergy:

⇒ Notify the school nurse of the child's allergies.

⇒ Work with the school team to develop a plan that accommodates the child's needs throughout the school, in after-school programs, on field trips, and on the school bus.

⇒ Provide written medical documentation, instructions, and medications as directed by a physician. Include a photograph of your child on the documentations.

⇒ Replace medications after use or upon expiration.

⇒ Educate children in the self-management of their food allergy, including:

-safe and unsafe foods

-strategies for avoiding exposure to unsafe foods

-symptoms of allergic reactions

-how and when to tell an adult they may be having an allergic reaction

⇒ Review policies/procedures with the school staff, the child's physician, and the child (if age appropriate) after a reaction has occurred.

Please remind your student:

- Not to trade food with others.
- Not to eat any food with any unknown ingredients or that is known to contain any allergen.
- And to notify an adult immediately after eating something that might contain the allergen.

For further school health information, contact your School Nurse at

_____.

.

Contributed by the Central Ohio Association of School Nurses

School Nurse Health Watch is provided by the Publicity Committee of the Ohio Association of School Nurses. It is not intended as a substitute for regular care. For health care and medical advice, see your physician or health care provider.