

Policies and Guidelines for Food Allergy

Carroll Hills School

Carroll County Board of Developmental Disabilities

The Carroll County Board of Developmental Disabilities recognizes the increasing frequency and intensity of allergic reactions to foods by certain students and the impact these reactions may have on all children in the educational environment. Therefore, Carroll Hills will:

- Make every reasonable effort to promote and protect the health of children in school by providing food choices that are safe as well as nutritious;
- Provide environments that reduce the risk of ingestion or contact with foods that trigger allergic reactions for students with known life threatening food allergies; and
- Develop prevention and management educational materials and make them widely available to Carroll Hills staff, students and parents.

The Superintendent will adopt regulations setting forth a detailed plan for how the district will accomplish the above objectives that shall include information regarding the development of appropriate accommodations or healthcare plans for individual students with life-threatening allergies to foods.

Pursuant to the following guidelines and plans, the Carroll County Board of Developmental Disabilities will address the increasing frequency and intensity of allergic reactions to foods by certain students and the impact these reactions may have on all students in the educational environment.

General Guidelines

1. Carroll Hills will develop educational information that is made available to Carroll Hills staff regarding the prevention and management of allergic reactions to food.
2. Information regarding the prevention and management of allergic reactions to food shall be made available to Carroll Hills students and their parents through written communications sent home with the student.
3. Carroll Hills will make all reasonable efforts to no longer purchase or use products containing peanuts for the preparation of food in the school cafeteria when a student is identified with a peanut allergy. Further, Carroll Hills will make its best efforts to purchase only products prepared in peanut-free environments for use in preparing food in the school cafeteria.
4. The Director of Educational Services will prohibit the sale of peanut products in vending machines in the school when a student is identified as having a peanut allergy.

Plans for Students with Life-Threatening Allergies to Foods

Carroll Hills recognizes that it is not possible to totally eliminate the risk of

exposure of students with life-threatening allergies (“identified students”) to foods that trigger allergic reactions. However, Carroll Hills takes seriously its responsibility to take reasonable steps to protect the safety of its students. Therefore, in an effort to identify students with life-threatening allergies to foods, initiate safety precautions to avoid allergic reactions by these students and prepare school staffs to deal with such allergic reactions should they occur, Carroll Hills adopts the following guidelines:

1. Parents of a student with a life-threatening allergy to a food must provide the school nurse with documentation from a licensed healthcare provider describing the specific allergic condition of the child.
2. After receiving the required documentation, the school shall work with the parents of the identified student to develop a healthcare plan to minimize the specific risks to the student. Carroll Hills should also work with the parents to develop an emergency healthcare plan for use in the event of an allergic reaction by the identified student. Staff who should work in partnership with the parent to develop this plan may include, but are not limited to, the principal, school nurse, the student’s teacher and the cafeteria manager.
3. The healthcare plan should address various ways to limit the identified student’s exposure to food(s) containing the specific allergen. While not exhaustive, following are examples of provisions that may be considered for inclusion in a healthcare plan. (This list is intended to be illustrative; only the provisions that are appropriate should be included in the healthcare plan and other accommodations should be added, as necessary. Each healthcare plan must be tailored to the needs of the individual identified student.):

- a. A special diet developed by a registered dietician;
 - b. In school, the requirement that the identified student's teacher supervise all students in the class in washing their hands before and after eating;
 - c. The provision of information to the identified student's classmates and their parents regarding the dangers presented by the inclusion of foods containing the identified allergen in lunches brought to school;
 - d. The provision of separate art supplies for the identified student;
 - e. Designation of a specific computer keyboard and monitor that the identified student is to use only after it has been thoroughly cleaned;
 - f. Strict enforcement of Carroll Hills rules requiring that only commercially-prepared foods with complete ingredient labels are to be sent to school by parents for students to share during classroom events;
 - g. Restrictions on the kinds of tasks assigned to the identified student (such as cleaning off tables in the classroom or the cafeteria);
 - h. In school, storing the lunch boxes of classmates of the identified student's class outside of the classroom, possibly in another classroom;
 - i. Distributing the identified student's photograph to school staff designated by the principal and explaining the allergic condition to them.
4. The development and implementation of such healthcare plans shall be carried out in a supportive manner that protects student confidentiality. Healthcare plans may be included in the provisions of a 504 Plan, but are not intended to discourage the development of 504 Plans in appropriate circumstances.

5. Schools at which there is an identified student(s) will provide a table in the cafeteria that is to be kept free of the types of allergen(s) that impact the identified student(s) (e.g. a “nut-free” table). While this table shall be available to the identified student(s), they shall not be required to eat only at this table.
6. Principals should make reasonable efforts to assure that all school staff who have substantial direct contact with an identified student are made aware of the student’s emergency healthcare plan and are trained to recognize the symptoms of and respond to an allergic reaction.
7. Should an identified student be suspected of having an allergic reaction, all staff who have been trained to perform first aid or a life saving technique are authorized to provide treatment according to the student’s emergency healthcare plan. Staff must also call 911 and contact the student’s parent.

Carroll Hills School

Food Allergy Action Plan

Student's Name

Date of Birth

ALLERGY TO: _____

Asthmatic

*Yes

No

*High risk for severe reaction

Step 1: Treatment ◆

Symptoms:	Give Checked Medication ***** (to be determined by Physician authorizing treatment)
<ul style="list-style-type: none"> ▪ If food allergen has been ingested, but <i>no symptoms:</i> 	<input type="checkbox"/> Epinephrine as ordered <input type="checkbox"/> Antihistamine as ordered
<ul style="list-style-type: none"> ▪ Mouth Itching, tingling or swelling of lips, tongue, mouth 	<input type="checkbox"/> Epinephrine as ordered <input type="checkbox"/> Antihistamine as ordered
<ul style="list-style-type: none"> ▪ Skin Hives, itchy rash, swelling of the face or extremities 	<input type="checkbox"/> Epinephrine as ordered <input type="checkbox"/> Antihistamine as ordered
<ul style="list-style-type: none"> ▪ Gut Nausea, abdominal cramps, vomiting, diarrhea 	<input type="checkbox"/> Epinephrine as ordered <input type="checkbox"/> Antihistamine as ordered
<ul style="list-style-type: none"> ▪ Throat ◆ Tightening of throat, hoarseness, hacking cough 	<input type="checkbox"/> Epinephrine as ordered <input type="checkbox"/> Antihistamine as ordered
<ul style="list-style-type: none"> ▪ Lung ◆ Shortness of breath, repetitive coughing, wheezing 	<input type="checkbox"/> Epinephrine as ordered <input type="checkbox"/> Antihistamine as ordered
<ul style="list-style-type: none"> ▪ Heart ◆ Weak or thready pulse, low blood pressure, fainting, pale, blueness 	<input type="checkbox"/> Epinephrine as ordered <input type="checkbox"/> Antihistamine as ordered
<ul style="list-style-type: none"> ▪ Other ◆ _____ 	<input type="checkbox"/> Epinephrine as ordered <input type="checkbox"/> Antihistamine as ordered

<ul style="list-style-type: none"> ▪ If reaction is progressing (several of the above areas affected, give: 	<input type="checkbox"/> Epinephrine as ordered <input type="checkbox"/> Antihistamine as ordered
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◆ **Potentially life-threatening. The severity of symptoms can quickly change.**

~Over~

Dosage

Epinephrine: inject intramuscularly (circle one)

EpiPen® EpiPen® Jr. Twinject® 0.3 mg Twinject® 0.15 mg

Antihistamine: give _____
Medication/ Dose/ Route

Other: give _____
Medication/ Dose/ Route

Important: Asthma inhalers and/or antihistamine cannot be depended on to replace epinephrine in anaphylaxis.

Step 2: Emergency Calls ◆

1. Call 9-911. State an allergic reaction has been treated and additional epinephrine may be needed.
2. Call Dr. _____ Phone number: _____
3. Call parent _____ Phone number: _____
4. Emergency contacts

Name/Relationship	Phone numbers
a) _____	_____
b) _____	_____

EVEN IF PARENT/GUARDIAN CANNOT BE REACHED, DO NOT HESITATE TO MEDICATE OR TAKE CHILD TO A MEDICAL FACILITY!

Parent/Guardian's Signature _____ Date _____

Required Doctor's Signature _____ **Date** _____