

# Anaphylaxis & Food Allergy

## Anaphylaxis (*Severe Allergic Reaction*)

Anaphylaxis is a sudden, life threatening, severe allergic reaction. The most dangerous symptoms include breathing difficulties, a drop in blood pressure or shock. Common examples of potentially life threatening allergies are those to foods or stinging insects. Other allergic reactions may also occur to medications, latex or while exercising.

The emergency treatment is epinephrine, which is usually supplied in epinephrine auto-injectors (example: EpiPen® and EpiPen Jr® or Auvi-Q®).

While BHA cannot guarantee an allergy-free environment at school, the academy is committed to doing everything possible to ensure the safety of every child who has allergies. BHA has developed guidelines to manage students with these life threatening allergies so that they may safely participate in the educational process. High School Students who are at risk for developing anaphylaxis are entitled to carry and self-administer their anaphylaxis medications (epinephrine auto-injectors) while at school or a school event, if they have met the legal requirements below:

- The medication and the self-administration must be authorized by a physician or licensed health care provider.
- The student must demonstrate to the physician, other health care provider and to the school nurse, if available, the skill level necessary to self-administer the medication. Please contact the school nurse before enrollment or at the start of the new school year, to obtain all the proper paper work needed that will help ensure the safety of your student with an allergy.

Parents of children with known anaphylaxis are expected to provide an individual supply of emergency medication to the campus nurse.

## Food Allergy

### **(Including, but not limited to, peanut allergy)**

BHA Food Management Plan will be individualized to all students who have food allergies.

Once notified of the student's allergy, a working partnership with students, parents, student's physician, school nurse and other school personnel, as appropriate, begins the foundation for the development of an individual health plan (IHP).

Upon receipt of signed medical plans and parental consent, the IHP is developed. The first to be addressed is the emergency response. This ensures that a team of at least three (3) principal-designated staff members, who work daily with the affected student, are trained to recognize an allergic reaction, have the rescue drugs readily available and quickly treat the student. This will include training of these staff members annually or more frequently as the school nurse deems necessary.

The emergency response team in each school drills every semester to hone their response skills. In the case of severe life-threatening allergies, the school principal will collaborate with the school nurse to send letters to other parents of the class requesting parents to voluntarily refrain from sending the allergen food in their child's belongings during school or for after-school activities, celebrations or parties.

Depending on physical constraints within the school, if parent request, the principal may designate a food-allergy friendly area or lunch table.

Hand washing guidelines to staff and students are encouraged.

The custodial department will be instructed to use commercial wipes and cleaners that remove the allergen from the hard surfaces.

Non-food items will be adapted in curriculum for those classes who have students with food allergies.

The transportation department will also be notified and trained to recognize the specific reactions to life threatening allergies, if applicable.