

FOOD ALLERGY GUIDELINES

SECONDARY

Family Responsibility:

- Notify school/school nurse/bus driver of student's allergies.
- Develop, in conjunction with the school nurse, an individualized health care plan (IHCP) that will address prevention, management and individual emergency response. The IHCP will accommodate the student's needs throughout the school day, including classrooms, cafeteria, field trips, campus excursions and school bus.
- Provide written medical documentation, instructions, and medications as directed by the student's physician, using the IHCP as a guide. Include a photo of your student on the form.
- Provide properly labeled medications and replace when medication has expired.
- If mutually agreed upon by the parent/guardian, physician, and school nurse, the student may carry their own EpiPen and emergency supplies. However, the medical documentation and IHCP MUST be completed and kept on file in the school nurses' office.
- Provide and update emergency contact information annually.
- Educate your student in self-management of their food allergy appropriate to their developmental level. Include:
 - ✓ Safe/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 allergy-related problem
 - ✓ Reading food labels

School Responsibility:

- Annual Bus Driver Training about food allergies, symptoms of an allergic reaction, administration of EpiPen.
- Staff education by school nurse about food allergies, including recognition of symptoms of an allergic reaction and how to administer an EpiPen.
- School nurse, in conjunction with parent/guardian, will develop IHCP.
- IHCP shared, as appropriate, with teachers and support staff.
- No peanut butter or nut sales in the school cafeterias.
- No food in classrooms or unwrapped food in the halls.
- Food is permitted in designated areas (office, conference rooms, Family/Consumer Science room) provided surfaces are cleaned after use and hands washed before returning to classrooms.
- Bake sales or any sale of competitive food and beverages are not allowed during the school day and the 30-minute period directly prior to and following the school day.
- Provide advance notice to parent/guardian about Field Trips.

Student Responsibility:

- Do not trade food with others.
- Do not eat anything with unknown ingredients or known to contain any allergen(s).
- Be able to articulate allergen(s) and identify key foods containing allergen(s) depending on developmental level.
- Notify an adult if they eat something they believe may contain a food to which they are allergic.
- If carrying own EpiPen and emergency supplies, be sure they are properly labeled, secured and not shared with others. Be able to direct an adult to their location if needed.