

*Christ the King
Catholic Primary School*

Anaphylaxis and Severe Allergies
Guidelines for Implementation

To help prevent anaphylaxis Christ the King School has a clear enrolment process which includes the following steps before the school year begins:

- Parents need to work with an allergist/immunologist to identify their child's triggers and reinforce these with their child. If possible, provide your child with a medical bracelet or necklace that identifies his or her specific allergy.
- Parents and child will tour the school before school starts, and meet with the staff to inquire about policies regarding foods and other potential triggers brought into the classroom.
- Provide staff with information and resources to educate them about your child's allergy. Have your child's allergist/immunologist provide clear, written instructions on recognizing a reaction early and administering medication in case of a reaction. Inform staff to call 000 immediately if a reaction occurs.
- Teach staff when and how to properly administer medications such as injectable epinephrine, encouraging them to handle the medication and ask questions. Explain to them that they cannot delay in administering medication to your child, and that they are obligated to assist your child and to include him or her in normal school activities. Children with a history of anaphylaxis should carry epinephrine with them at all times.

There is no cure for anaphylaxis, so strict avoidance of triggers is the only way to keep a severe reaction from occurring,” said Anne Muñoz-Furlong, Founder & CEO of FAAN. “For children with severe allergies, even a small exposure can lead to anaphylaxis.” The most common triggers for anaphylaxis are:

- **Foods** - Any food can trigger an allergic reaction, but the most common are: peanuts, nuts from trees (e.g., walnut, cashew, and Brazil nut), shellfish, fish, milk and eggs. It is important to talk to cafeteria staff and your child about what foods to avoid and not to trade food with other children.
- **Stinging Insects** - Venom of stinging insects such as yellow jackets, honeybees, paper wasps, hornets and fire ants can cause severe and deadly reactions. Recess exposes children to stinging insects. Teach your child where they are commonly located and how to avoid them.
- **Medications** - Any medication can trigger a reaction, but the most common drugs that cause anaphylaxis are antibiotics and anti-seizure medications. The school nurse should be aware of what medications your child is allergic to and should have epinephrine available in case of a severe reaction.
- **Latex** - Products made from natural latex (from the rubber tree) contain allergens that can trigger reactions in sensitive individuals. Inspect the toys in your child's classroom and inform their teacher about this allergy.
- **Exercise** - Although rare, exercise can trigger anaphylaxis after eating certain foods before beginning the activity. Inform your child's physical education teacher of this allergy, and check to see if your child can participate in physical activity before the lunch hour.

Steps for enrolment?