

# Lexington Local School District



## Food Allergy Training



2011 - 2012

# Student Allergy Policy

**Adopted May 2010**

Lexington Local Schools pursuant to the Ohio Revised Code 3313.719 shall strive to provide and maintain a safe and secure environment for students with diagnosed life threatening allergies (including but not limited to peanut or other food allergies). A comprehensive approach to compliance with this policy requires, but is not limited to, a focused effort by parents, students (when developmentally appropriate), building staff, athletic staff, food service staff, county health authorities and bus/suburban transportation personnel. Our school district policy shall include, but is not limited to, the following areas: (I) education and training; (II) emergency plans and procedures; (III) personnel; (IV) safe environment; (V) monitoring and compliance procedures.

The School Committee fully supports the ongoing efforts to provide a safe and secure environment for students with diagnosed life threatening allergy conditions.

# Training Overview

- Food Allergies
- Anaphylaxis
- Medications
  - EpiPen<sup>®</sup> Video and Demonstration
- Medication Storage
- Emergency Action Plans
- 504 Plans / Individual Health Plans
- Label Reading
- Classroom Management
- Lunchroom Management

# Food Allergy Facts

- Approximately 2 million school aged children have food allergies
- One in every 20 children under the age of three has food allergies
- Teens and young adults with food allergies and asthma appear to have a higher risk for severe or fatal allergic reactions
- 150-200 people die each year from anaphylaxis to food
- Food allergy reactions result in over 30,000 emergency room admissions each year

*Statistics provided by The Food Allergy and Anaphylaxis Network (FAAN)*

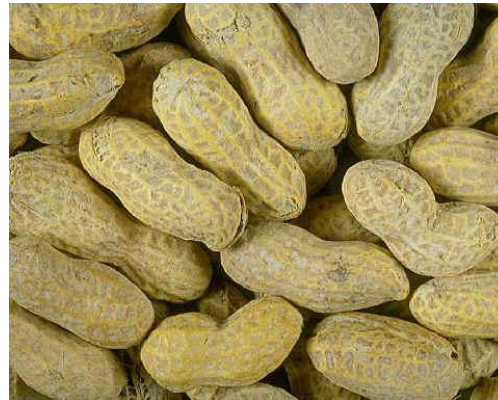
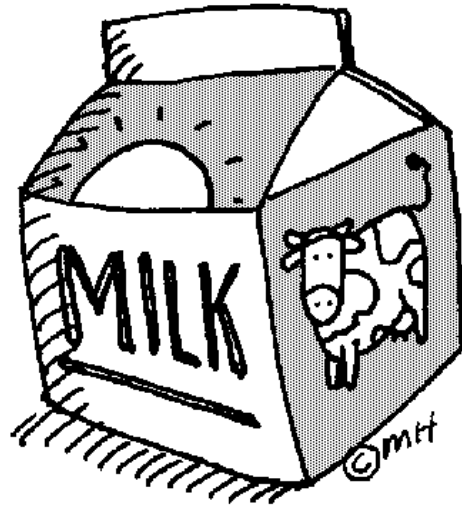
# Food Allergy Definition

- Food allergy is a disease characterized by an overreaction of the immune system to a specific food protein
- Diagnosis
  - Blood tests
  - Skin tests
  - Food challenges

# The BIG 8

## Most Common Food Allergens

- Milk
- Eggs
- Peanuts
- Tree Nuts
- Soy
- Fish
- Shellfish
- Wheat



# Anaphylaxis

- Anaphylaxis is a sudden, severe allergic reaction that can affect one or more organ systems, either alone or in combination
- Anaphylaxis can be life threatening!

# Symptoms of Allergic Reaction by System

## Skin

Hives  
Warmth  
Flushing  
Tingling  
Itching of mouth  
Itchy, red rash  
Paleness

## Digestive

Cramps  
Nausea  
Vomiting  
Diarrhea  
Difficulty  
swallowing

## Respiratory

Itchy eyes/throat  
Coughing  
Shortness of  
breath  
Chest tightness  
Wheezing

## Cardiac

Low blood  
pressure  
Increased heart  
rate  
Loss of  
consciousness  
Shock

## Neurological

Lightheaded  
Anxiety  
Sense of doom  
Weakness



# Symptoms of an Allergic Reaction

- Symptoms can start within a few seconds or take up to 2 hours to occur.
- Symptoms may start out as mild (a few hives or some diarrhea) and then rapidly progress to life threatening anaphylaxis.
- There is no way to predict the severity of a reaction based on the history of past reactions.
- Asthma increases the persons risk for having a fatal reaction. Teens with peanut allergy and asthma are in the highest risk group for anaphylaxis.

# Symptoms of an Allergic Reaction

- Symptoms can last more than 2 hours, and a second wave of symptoms can occur 3-4 hours after exposure. This is called a **BIPHASIC REACTION**.
- This is why once EpiPen<sup>®</sup> is injected 911 must be called and the student must be transported to a hospital.

# Medication

- Epinephrine – What is it?
  - Hormone we naturally produce in our bodies, also referred to as adrenaline
- Commonly known as the “EpiPen<sup>®</sup>” also available as “Twinject<sup>®</sup>” or “Adrenaclick<sup>™</sup>”
- The ONLY medication that can reverse anaphylaxis
- Training Video / Trainers

# Epinephrine

- How it works:
  - Relaxes muscles around your airway
  - Makes the heart beat faster and stronger
  - Narrows blood vessels and increases your blood pressure
- Life saving properties:
  - Relaxed airway muscles opens the airway to breathe easier
  - Faster heart beat and increase blood pressure means more oxygen gets from your lungs to the rest of your body

# Epinephrine

- If Epinephrine is given, contact School Office and 911 immediately!
- The student requires immediate transport to a hospital via Ambulance.
- Epinephrine works quickly, but only lasts in the body for 15-20 minutes.
- Local EMS personnel may NOT be licensed to administer additional epinephrine supplied from ambulance (student EpiPens<sup>®</sup> needed).
- Always give used EpiPen<sup>®</sup> and student's additional EpiPens<sup>®</sup> to EMS personnel.

# Medication Storage

- Keep at room temperature
  - Epinephrine is heat sensitive
  - Keep epinephrine out of direct light as light can degrade epinephrine and reduce its strength
- Clearly Labeled
  - Names (child, parent, doctor, medication), directions for giving the medication, emergency action plan
  - Keep medications easily accessible (not locked) in a secure location
- Students can carry epinephrine and inhalers with Doctor's orders (ORC 3313.716 and ORC 3313.718)
- All students have EpiPens<sup>®</sup> in the School Office

# Emergency Action Plan

- Gives directions for what to do in the event of an allergic reaction (see directions on next slide)
- Includes
  - Symptoms constituting a minor or major reaction
  - What to do in the event of a minor or major reaction (medication to give, who to call, etc.)
  - Emergency contact information
  - EpiPen<sup>®</sup> administration directions
- Signed by parent and/or doctor
- Kept with medications and included in Substitute lesson plans
- “Emergency Action Plan” binder (red) located in the Office for all medical conditions

# DIRECTIONS FOR USE

- **REMOVE AUTO-INJECTOR FROM CARRIER TUBE BEFORE USE.**
- **NEVER PUT THUMB, FINGERS OR HAND OVER ORANGE TIP.**
- **NEVER PRESS OR PUSH ORANGE TIP WITH THUMB, FINGERS OR HAND.**
- **THE NEEDLE COMES OUT OF ORANGE TIP.**
- **DO NOT REMOVE BLUE SAFETY RELEASE UNTIL READY TO USE.**
- **DO NOT USE IF SOLUTION IS DISCOLORED.**
- **DO NOT PLACE PATIENT INSERT OR ANY OTHER FOREIGN OBJECTS IN CARRIER WITH AUTO-INJECTOR, AS THIS MAY PREVENT YOU FROM REMOVING THE AUTO-INJECTOR FOR USE.**



## TO REMOVE AUTO-INJECTOR FROM THE CARRIER TUBE:



1. Flip open the yellow cap of the EpiPen® or the green cap of the EpiPen® Jr Auto-Injector carrier tube.



2. Remove the EpiPen® or EpiPen® Jr Auto-Injector by tipping and sliding it out of the carrier tube.

## TO USE AUTO-INJECTOR:

1. Grasp unit with the orange tip pointing downward.
2. Form fist around the unit (orange tip down).



3. With your other hand, pull off the blue safety release.



4. Hold orange tip near outer thigh.

**DO NOT INJECT INTO BUTTOCK.**



5. Swing and **firmly push** against outer thigh until it clicks so that unit is perpendicular (at 90° angle) to the thigh.

(Auto-injector is designed to work through clothing.)

6. Hold **firmly against thigh** for approximately 10 seconds to deliver drug. (The injection is now complete. The window on auto-injector will be obscured.)



7. Remove unit from thigh (the orange needle cover will extend to cover needle) and massage injection area for 10 seconds.

8. Call 911 and seek immediate medical attention.
9. Take the used auto-injector with you to the hospital emergency room.

**Note: Most of the liquid (about 85%) stays in the auto-injector and cannot be reused. However, you have received the correct dose of the medication if the orange needle tip is extended and the window is obscured. Trainer label has blue background color. Blue background labeled trainer contains no needle and no drug.**



# 504 Plan

- A detailed plan that includes information related to a specific child:
  - Allergy Details
  - Emergency Action Plan
  - Classroom Management (e.g., holiday parties)
  - Lunchroom Management
- 504 Coordinator (Bill Ellsworth), parents, and Doctor are involved in designing the plan
- Not every student will have a 504 Plan

# Label Reading

- Staff must read the ingredient list on all products EVERY TIME
  - food
  - soaps
  - lotions
  - pet foods and bedding
  - bean bags

# Label Reading

- Top Eight Allergens listed in ingredient list
- May contain trace amounts of ...
- This product was processed on equipment that also processes...

# Other Names for Common Allergens

- **Milk** – Casein, curds, lactulose, and whey
- **Eggs** – Albumin, mayonnaise, lecithin, and surimi
- **Peanuts** – Ground Nuts, peanut flour, used in many African, Asian, and Mexican dishes
- **Wheat** – Bran, gluten, kamut, and semolina
- **Soy** – Edamame, natto, soya, and tofu
- **Tree Nuts** – Almonds, Brazil Nuts, cashews, chestnuts, hickory nuts, macadamia nuts, pecans, pistachios, walnuts, and marzipan/almond paste (used in many bakery cookies)
- **Shellfish** – Abalone, lobster, mollusks, mussels, shrimp (crevette), and squid (calamari)

\* Natural and Artificial flavorings can contain food allergens.

# Label Reading

- When to contact the manufacturer
  - No allergen listed
  - “May contain” labeling not required by law
  - Some companies do not include “may contain” statements (Archer Farms)
- See sample items
- When in doubt, contact the manufacturer

# Classroom Management

- “Allergen Free Classroom” Sign Outside Door (see example)
- Letter to Parents from Teacher/Principal
- Food in the Classroom
  - Lesson Plans
  - Birthday and Holiday Parties
  - Label Reading
- Field Trips
  - EpiPen<sup>®</sup> as well as a trained staff member
  - Bring a cell phone!
  - Plan ahead for lunch (designated allergen free area)



This is a  
**PEANUT**  
**AND**  
**TREE NUT FREE**  
**Classroom**



# Classroom Management

- Class Pets
- Wash hands thoroughly before and after lunch
- Waterless sanitizers do not remove allergens!
- Safe Snack List (even with list, always read labels since ingredients can change)



# Safe Snack List Example (Peanut Free)

## **Candy**

Airheads  
Airheads Pops  
Betty Crocker Fruit by the Foot  
Betty Crocker Fruit Flavored Snacks  
Betty Crocker Fruit Roll-Ups  
Dum Dum Pops  
Jolly Ranchers  
Kellogg's Fruit Flavored Snacks  
Kellogg's Yogos Bits  
Life Saver Gummies  
Life Savers  
Skittles  
Smarties  
Spangler Candy Canes  
Starburst Fruit Chews

Tootsie Pops  
Tootsie Rolls  
Twizzlers  
Wonka Laffy Taffy  
Wonka Nerds (not chewy)  
Wonka Runts  
Wonka Sweet Tarts

## **Cookies**

Keebler Vanilla Wafers  
Keebler Mini Vanilla Wafers  
Keebler Gripz Snacks  
Kellogg's Rice Krispies Treats  
Nabisco Golden Oreos  
Nabisco Mini Oreos  
Nabisco Oreos  
Nabisco Teddy Grahams

## **Crackers**

Keebler Graham Crackers  
Pepperidge Farm Goldfish Crackers  
Sunshine Cheez-Its

## **Chips**

Frito Lay Cheetos  
Frito Lay Doritos  
Frito Lay Fritos  
Pringles

## **Other**

Applesauce  
Fruit Cups  
Hunt's Pudding Snack Packs  
Jell-O Brand Jello Cups

# Lunchroom Management

- Allergen Free Table
  - Eliminates some worry
  - Easy identification of allergic child for rotating staff
  - Decision up to parent
- Cleaning / Storage of Tables
  - Soap and water
  - Dedicated sponge/rag and bucket
  - Tables Not Used for Extra Curricular Activities

# Additional Resources

- Lexington Local School District Student Allergy Policy
- The Food Allergy and Anaphylaxis Network  
[www.foodallergy.org](http://www.foodallergy.org)
- American Academy of Allergy Asthma and Immunology [www.aaaai.org](http://www.aaaai.org)
- Food Allergy Initiative  
[www.FoodAllergyInitiative.org](http://www.FoodAllergyInitiative.org)