

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[®] 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)

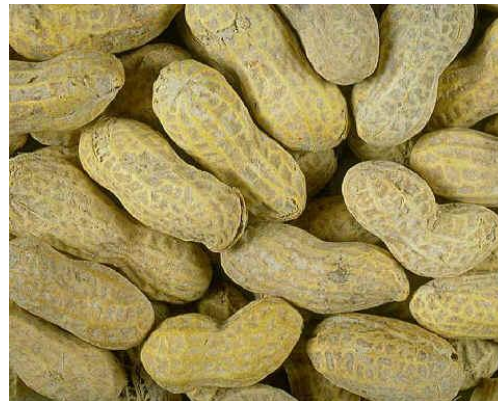
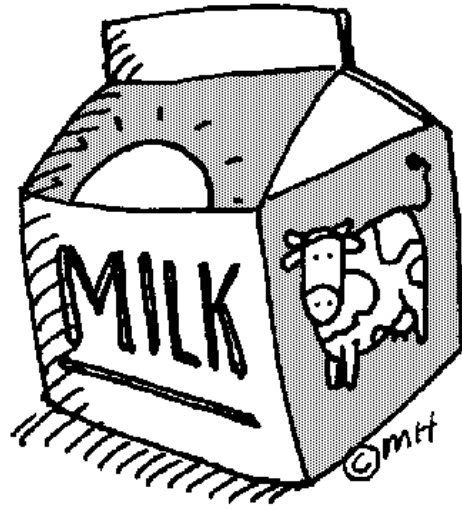
Food Allergy Definition

- 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[®] 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[®]” also available as “Twinject[®]” or “Adrenaclick[™]”
- 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[®] needed).
- Always give used EpiPen[®] and student's additional EpiPens[®] 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[®] 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[®] 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[®] 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
- American Academy of Allergy Asthma and Immunology www.aaaai.org
- Food Allergy Initiative
www.FoodAllergyInitiative.org