Allergic Reaction Preparation and Response Checklist

Preparation
- Identify all students with life-threatening food allergies, as indicated by the parents and physician on the Child Health Exam form.
- Provide parents with the school’s Food Allergy Policy, Emergency Action Plan, and emergency medication requirements.
- Establish communication with the parents to alleviate apprehensions regarding their child’s safety at school.
- Collect a minimum of 2 epinephrine auto-injectors from parents.
- Provide teachers with a list of students in their class with food allergies, their individual Emergency Action Plan and a labeled epinephrine auto-injector.

Training
- Present and review fundamentals to establish understanding among staff before progressing. The only way to prevent an allergic reaction is complete avoidance of the allergen.

Label Reading
- Read every label even if product label has been read previously because ingredients can change without notice.
- Discuss the Food Allergen Labeling and Consumer Protection Act and how it impacts label requirements. http://www.foodallergy.org/laws-and-regulations/falcpa
- Safety of unlabeled food cannot be guaranteed.
- Avoid products with labels that include the following text: may contain, processed in, or manufactured on shared equipment. These warnings advise about potential exposure to allergen of concern and must be avoided.

Cleaning Guidelines
- HAND CLEANING - Acceptable methods for hand cleaning are soap and water and hand wipes. Hand sanitizer does not effectively remove allergens from hands.
- SURFACE CLEANING - Acceptable surface cleaning methods are soap and water and any commercial wipe or cleanser. http://www.foodallergy.org/tools-andresources/resourcesfor/child-care-facilities/cleaning-methods

Food Allergy
A Food Allergy is the overreaction of the immune system to a harmless protein, and as a result produces an abundance of the antibody IgE.

Food Allergy Symptoms

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<th>Symptom</th>
<th>Skin</th>
<th>Gastrointestinal</th>
<th>Respiratory</th>
<th>Cardiac</th>
<th>Neuro</th>
</tr>
</thead>
<tbody>
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<td>abdominal pain/cramps</td>
<td>wheeze/hoarse voice</td>
<td>low BP</td>
<td>irritable</td>
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<td>Flushed</td>
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<td>nausea/vomiting/diarrhea</td>
<td>difficulty swallowing</td>
<td>weak, thready pulse</td>
<td>confused</td>
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<td>cough/shortness of breath</td>
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