

# 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.
- Confirm Food Allergy Emergency Action Plan and Treatment Authorization forms are completed and signed by parents and physician. <http://www.foodallergy.org/treating-an-allergic-reaction>
- 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

#### Skin

rash/itch/hives  
flushed  
swelling of lips/tongue  
watery eyes

#### Gastrointestinal

abdominal pain/cramps  
nausea/vomiting/diarrhea

#### Respiratory

wheeze/hoarse voice  
difficulty swallowing  
cough/shortness of  
breath

#### Cardiac

low BP  
weak, thready pulse  
chest pain

#### Neuro

irritable  
confused  
moody