



## ANAPHYLAXIS POLICY

### BACKGROUND

Anaphylaxis is a severe, rapidly progressive allergic reaction that is potentially life threatening. Signs and symptoms can occur within minutes of an exposure to an offending substance and can develop at any age. Warning signs as well as the severity of symptoms can vary from person to person and sometimes from reaction to reaction in the same person. The most common allergens in school aged children are peanuts, eggs, tree nuts, cow's milk, fish and shellfish, wheat, soy, sesame and certain insect stings.

The key to prevention of anaphylaxis in school is knowledge of the student who has been diagnosed as at risk, awareness of allergens, and prevention of exposure to those allergens. Partnerships between schools and parents/guardians are important in helping the student avoid exposure.

Adrenaline given through an adrenaline autoinjector (such as EpiPen) into the muscle of the outer mid-thigh is the most effective first aid treatment for anaphylaxis.

### POLICY

The goal of the district is to take reasonable steps to provide an allergy-safe and allergy-aware environment for students with life-threatening allergies as well as taking steps to provide those with undiagnosed life threatening allergies access to life-saving undesignated medication.

These steps include:

- a) A process for identifying students with known allergies.
- b) A process for preventing exposure to possible allergens.
- c) A process for communicating information about anaphylactic students and allergens to staff including temporary staff
- d) A process for staff education for those persons reasonably expected to have supervisory responsibility of students in recognizing anaphylaxis and responding appropriately.
- e) A process for caring for students during an anaphylaxis emergency.
- f) A process for maintaining undesignated emergency medication.

### IDENTIFICATION

The building nurse is responsible for identifying students with life threatening allergies through the following:

- Online student health history completed by parents annually-all information from online health histories is compiled into a document by the district office and sorted by condition by the school nurse.
- School physicals completed in Pre-K, K, 6th and 9th grades

### PREVENTION

- Nurses provide the cafeteria with a detailed allergy list with pictures of students (elementary students) and the list is posted in a visible location in the cafeteria.
- Cafeteria staff have substitute items ready and labeled.
- All food provided at school is nut-free.
- Classroom snacks follow the "smart snack" guidelines.

- Cafeteria staff follow all Sangamon County public health regulations regarding cross-contamination.

### **COMMUNICATION**

The building nurse will communicate with teachers, cafeteria staff and transportation the names of at-risk students. Teachers and other staff will also make available emergency information for substitutes.

### **STAFF EDUCATION**

All staff will complete education in life-threatening allergy, anaphylaxis, and Epi-pen administration annually on Public School Works. Staff can also review education sheets online in the faculty LiveBinder at the JH/HS and in the district wide red emergency folders.

### **CARING FOR STUDENTS WITH KNOWN LIFE THREATENING ALLERGIES**

The building nurse is responsible for the following:

- All students with known life threatening allergies should have an allergy action plan completed each year and kept on file in the nurse's office.
- The nurse will request a new allergy action plan each year from students identified as having life threatening allergies.
- A red emergency binder will be kept in each nurse's office with the student's allergy action plan.
- Epi-pens and other emergency medications such as benadryl will be kept in an unlocked cabinet in the nurse's office or in the student's backpack and administered as directed in the student's allergy action plan.
- Students may possess and self-administer an epinephrine injector prescribed for use at the student's discretion, provided the student's parent/guardian has completed and signed a School Medication Authorization Form.

### **UNDESIGNATED EMERGENCY MEDICATION/EPI-PENS**

The district nurse is responsible for maintaining the undesignated Epi-pens in the district. This program is through Epi-pens4Schools and requires a standing order and signature from a physician. An Epi-pen and Epi-pen Jr are kept in each school in the following locations:

- Elementary office
- JH Nurse's office
- HS Office