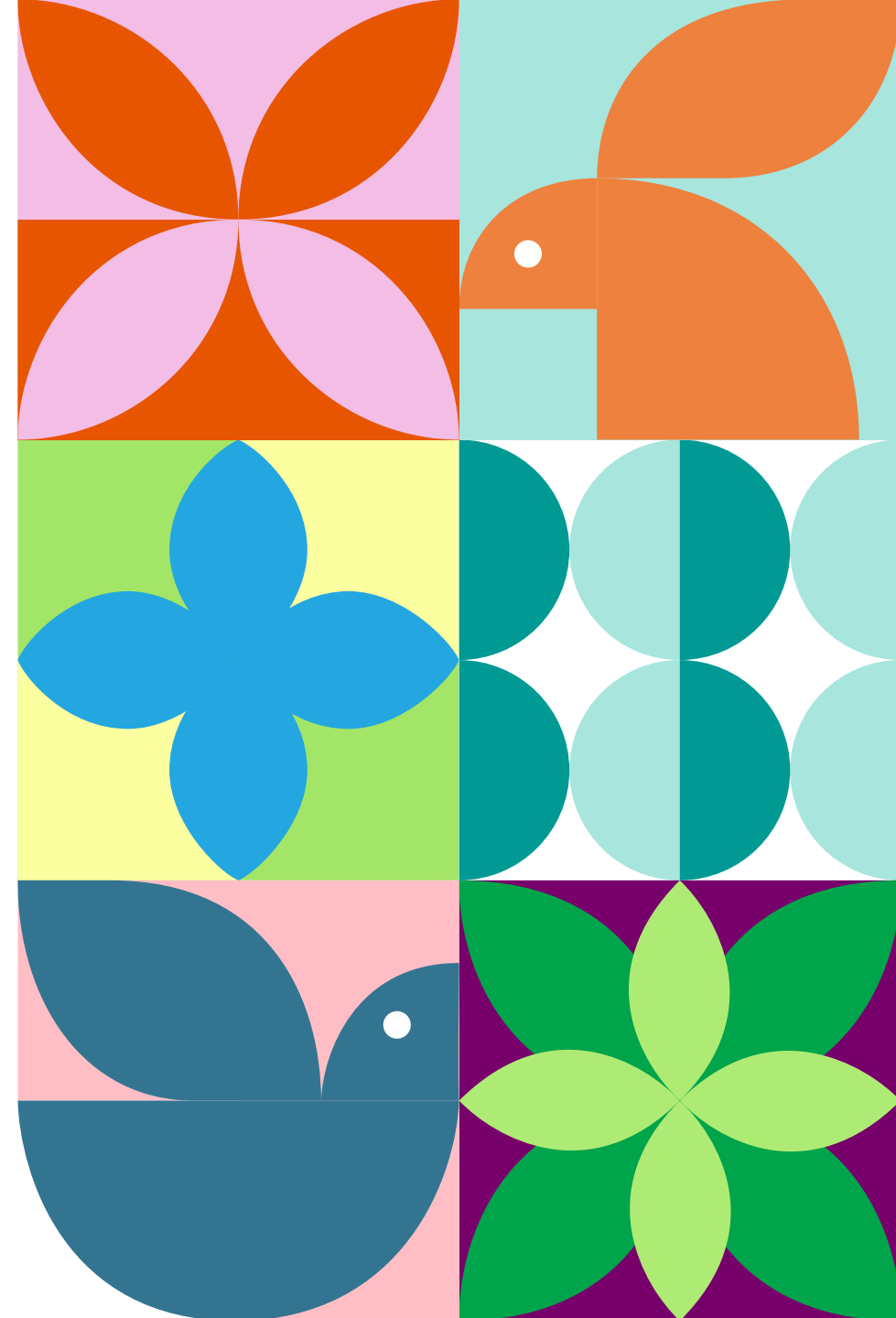


FOOD ALLERGY MANAGEMENT IN SCHOOLS

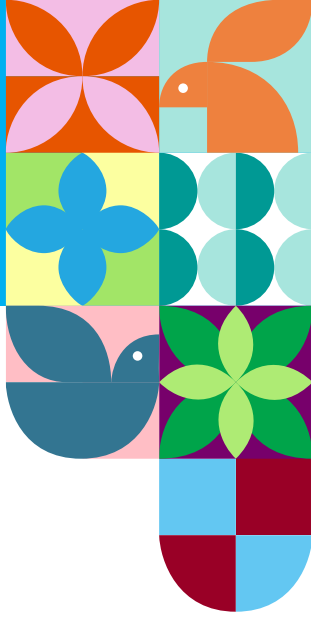
Lunch and Learn Presentation



DISCLAIMER

This resource was supported by Cooperative Agreement Number 6 NU38PW000050-01-01, funded by the Centers for Disease Control and Prevention, in partnership with the American Academy of Pediatrics. Its contents are solely the responsibility of Food Allergy Research and Education (FARE) and do not necessarily represent the official views of the American Academy of Pediatrics or the Centers for Disease Control and Prevention.

FARE is a patient advocacy organization dedicated to raising awareness and supporting individuals with food allergy. We do not provide medical care, diagnosis, or treatment. Always consult a qualified healthcare professional for medical advice and care related to food allergy or any other health concerns.



Know the Top 9 Allergens



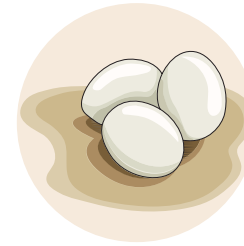
Peanut



Tree Nuts



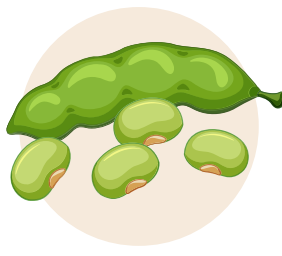
Milk



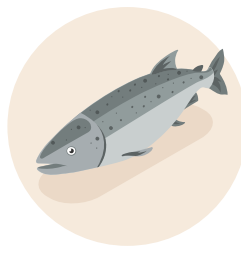
Eggs



Wheat



Soy



Fish



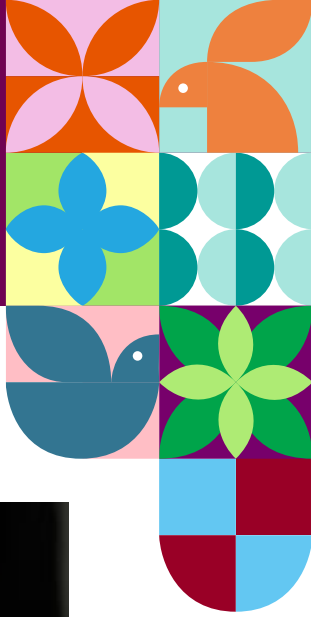
Shellfish
(crustacean, i.e.,
crab, lobster,
shrimp)



Sesame

Know the Signs & Symptoms of an Allergic Reaction

- Be on the lookout for the signs of an allergic reaction, and act quickly if you see them.
- Allergic reactions can be unpredictable, and every second counts.
- There is no such thing as a mild or severe food allergy – and previous reactions do not predict future ones.



Don't Hesitate to Use Epinephrine



- Epinephrine is a safe and effective drug for the treatment of confirmed or suspected severe allergic reactions.
- Make sure epinephrine is in secure areas that are unlocked and accessible by staff.
- When epinephrine is administered within minutes of a reaction, a person is less likely to be hospitalized or admitted to the intensive care unit.
- All schools should also have unassigned epinephrine that is prescribed for general emergency use.

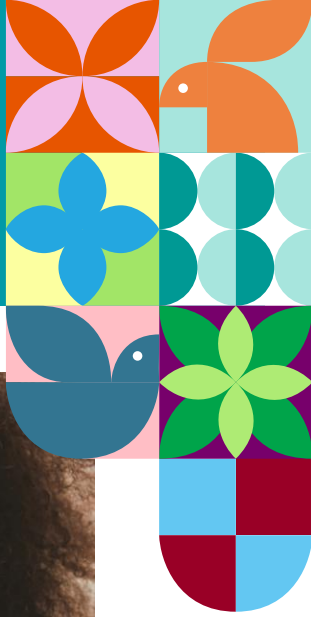
Know How to Use All Epinephrine Devices

Ensure you are aware of all the current options and know how to use them.



Know the Rights of Students With Food Allergy

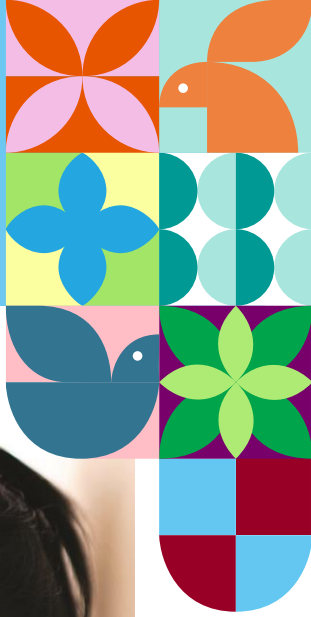
- Under the Americans with Disabilities Act (ADA) and Section 504, a student with a food allergy has a disability that restricts their diet and can interfere with breathing.
- Schools must ensure that a student with food allergies is safe and included.
- Written management plans, such as 504 Plans, come in a variety of shapes and sizes, ranging from one-page handwritten form, to a 20-page plan with multiple components.



Keep Food Allergens Out of Curriculum

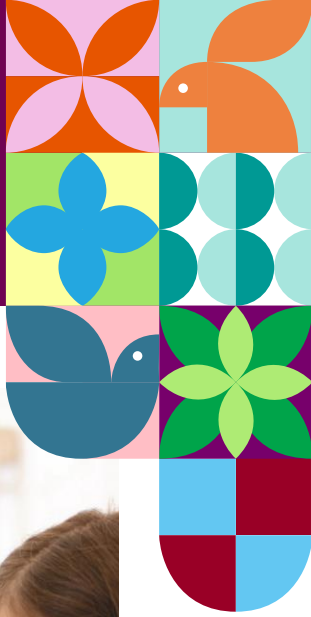
Lesson plans may require adjustments to accommodate students with food allergy. Examples of class activities and projects that may have food allergens include:

- Play dough containing wheat
- Crafts using milk or egg cartons, birdseed, or dried pasta
- Candle-making using soy
- Mosaic arts using crushed eggshells
- Carrying bags of flour as baby simulations in health class



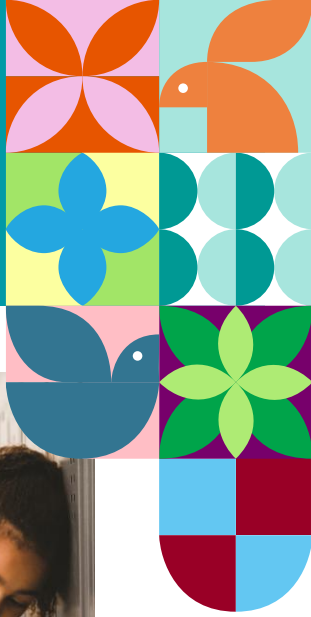
Make Sure No One Misses Out Because of Food Allergy

- Discourage the use of food as student incentives or as part of classroom celebrations. Not only does it pose a threat to students with food allergies, but it excludes them from participation.
- If food in the classroom is necessary, make sure students wash their hands and surfaces are cleaned with soap and water (hand sanitizer does not remove food allergens!)

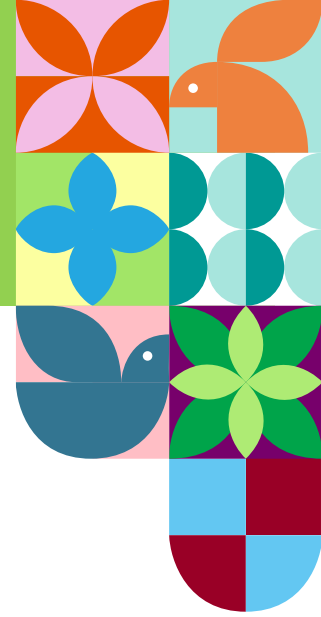


Develop a Strategy to Prevent Food Allergy Bullying

- About 1 out of 3 kids with food allergy report they have been bullied because of their allergies (and 20% said school staff were the offenders).
- Examples of food allergy bullying include teasing, pressure to eat the allergenic food(s), and threats or assaults with the allergen(s).
- Bullying can make students feel unsafe or put them in life-threatening situations.



Know the Myths About Food Allergy



Myth: If you don't have an allergic reaction within 30 minutes of being exposed to your allergen, you won't have one.

Fact: Symptoms can start within a few seconds of eating a food allergen but can take up to 2 hours. Sometimes, after the first symptoms go away, a second round of symptoms can occur without re-exposure to the allergen. This can happen between 1 and 48+ hours after the first symptoms - even after treatment.

Myth: Peanut allergy is the most dangerous allergy.

Fact: No single food allergy poses a greater threat than another. While 9 foods account for most food allergies in the U.S., virtually any food can cause an allergic reaction. Even a very small amount of the problem food is enough to cause a reaction.



Let's Wrap it Up

Food Allergy Management in Schools

foodallergy.org/fams

Epinephrine Options

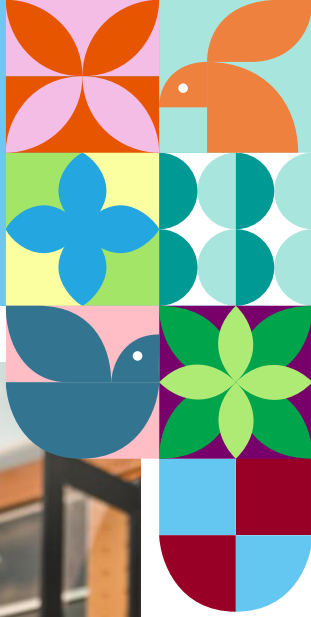
foodallergy.org/epinephrine

Be a PAL

foodallergy.org/be-palr

Food Allergy Academy

foodallergyacademy.org



Thank You



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foodallergy.org