

## Anaphylaxis Prevention and Response

Anaphylaxis is a life-threatening allergic reaction that may involve systems of the entire body. Anaphylaxis is a medical emergency that requires immediate medical treatment and follow-up care by an allergist/immunologist.

The Washougal Board of Directors expects school administrators, teachers and support staff to be informed and aware of life threatening allergic reactions (anaphylaxis) and how to deal with the resulting medical emergencies. For students, some common life threatening allergens are peanuts, tree nuts, fish, bee or other insect stings, latex and some medications. Affected students require planned care and support during the school day and during school sponsored activities.

Parents/guardians are responsible for informing the school about their student's potential risk for anaphylaxis and for ensuring the provision of ongoing health information and necessary medical supplies. The district will take reasonable measures to avoid allergens for affected students. The district will also train all staff in the awareness of anaphylaxis and prepare them to respond to emergencies. Additionally, student specific training will be provided for appropriate personnel.

Even with the district's best efforts, staff and parents/guardians need to be aware that it is not possible to achieve a completely allergen-free environment. However, the district will take precautions to reduce the risk of a student having an anaphylactic reaction by developing strategies to minimize the presence of allergens in schools.

The superintendent will establish procedures to support this policy and to ensure:

1. Rescue protocol in cases of suspected anaphylaxis will follow OSPI's Guidelines for the Care of Students with Anaphylaxis (2009);
2. A simple and standardized format for emergency care plans is utilized;
3. A protocol is in place to ensure emergency care plans are current and completed;
4. Medication orders are clear and unambiguous;
5. Training and documentation is a priority.

Cross References: Model Policy 3419

Self-Administration of Asthma and  
Anaphylaxis Medications  
Anaphylaxis – Policy Guidelines –  
Procedures – Report

Legal References: RCW 28A.210.380

Management Resources:

*Policy News*, August 2012  
*Policy News*, February 2009

Anaphylaxis Prevention and Response  
Anaphylaxis Prevention Policy Required

OSPI, March 2009

Guidelines for the Care of Students with  
Anaphylaxis

**Adoption Date: 02.09**  
**Washougal School District**  
**Revised: 08.12; 06.25.13**

## **Anaphylaxis Prevention**

For students with a medically diagnosed life-threatening allergy (anaphylaxis), the district will take appropriate steps for the student's safety, including implementing a nursing care plan / Section 504 Plan. The district will utilize the Guidelines for the Care of Students with Anaphylaxis published by the Office of the Superintendent of Public Instruction. This procedure is to assure that school staff is prepared to respond appropriately in the event that a student exhibits symptoms of anaphylaxis (a potential life-threatening condition).

### **Controlling the Exposure to Allergens**

Controlling the exposure to allergens requires the cooperation of parents, students, the health care community, school employees and the board. The district will inform parents of the presence of a student with life threatening allergies in their child's classroom and/or school and the measures being taken to protect the affected student. Parents will be asked to cooperate and limit the allergen in school lunches and snacks or other products. The district will discourage the sharing of food, utensils and containers. The district will take other precautions such as avoiding the use of party balloons or contact with latex gloves. Additionally, play areas will be specified that are lowest risk for the affected student.

The district will also identify high-risk events and areas for students with life-threatening allergies, such as foods and beverages brought to school for seasonal events, school equipment and curricular materials used by large numbers of students (play-dough, stuffed toys, science projects, etc.) and implement appropriate accommodations.

During school-sponsored activities, appropriate supervisors and staff will be made aware of the identity of the student with life-threatening allergies, the allergens, symptoms and treatment. The lead teacher will ensure that the auto-injector is brought on field trips.

### **Parent/Guardian Responsibility**

- Notify the school of the student's medically diagnosed life-threatening allergy prior to attending school as required by law. Secure updated and signed Licensed Health Care Professional directives written on Washougal School District Allergy/Anaphylaxis form and present to school nurse prior to the student attending
- Collaborate with the school nurse in the development of the Individual Student Health Plan/Section 504 Plan
- Keep all emergency contact information current
- Provide adequate medications for the student on school site prior to the student attending school
- Provide back up medication to the school nurse/office if the student is self-carrying
- Support your student in the self-management of the allergy consistent with the age and developmental level of the student
- When possible, provide safe meals/snacks from home; discourage any food sharing at school

### **School Nurse Responsibility**

- Correspond (meet/phone/email) with parent/guardian prior to the first day of school attendance to develop a current and complete Individual Health Plan/504 in coordination with student's LHCP.

- The written plan will identify student's allergy(ies), symptoms of exposure, practical strategies to minimize risk and emergency response.
- If the treatment plan includes self-administration of medications, the parents, students and staff will comply with model policy and procedure 3419, Self-Administration of Asthma and Anaphylaxis Medication.
- Train all staff that will be involved in the care of the student during the school day
  - Life Threatening food allergy awareness including allergen avoidance and prevention, recognizing symptoms of anaphylaxis, administering epinephrine and other emergency medication
  - Review information contained in IHP/Section 504 Plans
  - Review location and access to emergency medication
- Communicate with the student, staff, and parents/guardians on a regular basis as needed to update any changes to IHP
- Ensure that emergency medications are accessible and available in case of lockdown, evacuation or catastrophic event as feasibly possible
- Maintain record of epinephrine administration
- Participate in planning after an occurrence of an anaphylactic reaction.

### **School Administrator Responsibility**

- Designate time for annual staff training by school nurse on life threatening allergies including:
  - Risk reduction actions such as encouraging handwashing before and after eating, increasing food allergy awareness and encouraging nonfood celebrations and classroom events
  - Emergency procedures as directed by IHP
  - Signs and symptoms life threatening allergic reaction
  - Epinephrine administration
- Support exclusion of students (Policy 3413) if provider orders incomplete or medication not provided to school as directed for parent/guardian
- Provide the option of students to eat in allergen safe eating areas in school cafeteria where they may invite only classmates to share area who are aware they must avoid bringing foods, which might prompt an allergic response.
- Ensure that classrooms and after school activities are conducted in such a way to be inclusive of all students in the school
- Discourage the use of any food as reward among school staff, and encourage teachers and staff to prioritize using non-food items for rewards, classroom celebrations and events
- Help school nurse maintain signage in schools outside classroom doors that alert all staff members, students and visitors that they must avoid entry with potential allergen containing food items.

### **Classroom Teachers/Specialists**

- Have an accessible copy of the Individual Health Plan/504
- Provide copy of IHP and any additional information for substitute teachers
- Receive training from the school nurse on the IHP/504 including:
  - Allergens/items that cause the life threatening allergy
  - Prevention of exposure
  - Discouraging any food sharing
  - Recognition of student symptoms of anaphylactic reaction and quick response
  - Management of the emergency - including how to administer epinephrine

- Use non-food items for rewards, celebrations and events in classroom whenever possible
- Avoid, when possible, using foods for activities such as arts/crafts, projects, science, counting, holidays
- Pre-arranging safe alternatives to food with parents/guardians for birthday and other celebrations must be a priority
- If food must be brought into the classroom, safe alternatives for the student with a life-threatening allergy must be pre-arranged with parent/guardian. This includes any daily classroom snacks that may be utilized.
- If food must be brought into the classroom it should:
  - NOT be homemade if possible
  - Be in manufacturer packaging with clearly marked ingredient list that may be read by classroom teacher to verify with parent/guardian that product is allergen free
- Teacher will notify parent/guardian of any shared food items in the classroom and provide them with ingredient information
- No food brought into classroom will be given to a student (elementary level) with a life threatening food allergy unless authorization has come from parent/guardian securing safety of the item
- Document communication and authorization from parent/guardian
- Secondary students may make own decisions if noted on IHP/504
- Student's teacher will carry epinephrine/copy of IHP/504 on school sponsored field trips

### **School Transportation**

- All bus drivers will receive annual anaphylaxis awareness training
- School nurse will provide copy of IHP/504 to Transportation office
- Bus drivers stay current with First Aid/CPR training that includes the signs and symptoms of allergic reaction and administration of epinephrine.
- Bus drivers will enforce "no eating" policy on bus routes. Exceptions to this policy will occur for some students that medically require access to food (diabetics) and during certain trips where extenuating circumstance may allow for meal consumption on bus.

### **Exclusion from School**

Students who have a medically diagnosed life-threatening allergy and no medication and/or treatment order presented to the school, will be excluded from school to the extent that the district can do so consistent with federal requirements for students with disabilities under the Individuals with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, and pursuant to the following due process requirements:

Written notice to the parents, guardians or persons in loco parentis is delivered in person or by certified mail and will include:

- Notice of the applicable laws, including a copy of the laws and rules; and
- The order that the student will be excluded from school immediately and until both appropriate emergency medication and treatment orders are provided as well as student specific information provided (by the school nurse) to teachers, teacher's assistants, clerical staff, food service workers and bus drivers who will have known contact with a diagnosed student.

**Washougal School District**  
**Date: 03.15**