

# **JIM HOGG COUNTY ISD FOOD ALLERGY PLAN**

## **JIM HOGG COUNTY ISD STUDENT FOOD ALLERGY MANAGEMENT PLAN**

Introduction and Intent JHCISD is committed to providing a safe and nurturing environment for students. JIM HOGG COUNTY ISD understands the increasing prevalence of life-threatening allergies among school populations. JIM HOGG COUNTY ISD recognizes that the risk of accidental exposure to allergens can be reduced in the school setting, and is committed to working in cooperation with parents, students, and physicians to minimize risks and provide a safe educational environment for all students. In accordance with this, the purpose of this policy is to:

- 1) Provide a safe and healthy learning environment for students with food allergies;
- 2) Reduce the likelihood of severe or potentially life-threatening allergic reactions;
- 3) Ensure a rapid and effective response in the case of a severe or potentially life threatening allergic reaction; and
- 4) Protect the rights of food-allergic students to participate in all school activities.

This Food Allergy Management Plan is designed to limit the risk posed to students with food allergies, and includes:

- 1) Specialized training for the employees responsible for the development, implementation, and monitoring of the District's Food Allergy Management Plan;
- 2) Awareness training for employees regarding signs and symptoms of food allergies and emergency response in the event of an anaphylactic reaction;
- 3) General strategies to reduce the risk of exposure to common food allergens; and
- 4) Methods for requesting specific food allergy information from a parent/guardian of a student with a diagnosed food allergy.

The plan is based on The Guidelines for the Care of Students with Food Allergies At-risk for Anaphylaxis developed by the Texas Department of State Health Services available at <http://www.dshs.state.tx.us/schoolhealth/Food-Allergies.aspx>.

### **Food Allergy Management Plan Definitions**

- 1) Food Intolerance: An unpleasant reaction to food that, unlike a food allergy, does not involve an immune system response or the release of histamine. Food intolerance is not life-threatening.
- 2) Allergic Reaction: An immune-mediated reaction to a protein. Allergic reactions are not normally harmful.
- 3) Severe Food Allergy: An allergy that might cause an anaphylactic reaction.
- 4) Anaphylactic Reaction: A serious allergic reaction that is rapid in onset and may cause death.
- 5) Food Allergy Management Plan: A plan developed and implemented by the District that includes general procedures to limit the risk posed to students with food allergies and specific procedures to address the care of students with a diagnosed food allergy who are at-risk for anaphylaxis.

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6) Food Allergy Action Plan: A personalized plan written by a health-care provider that specifies the delivery of accommodations and services needed by a student with a food allergy and actions to be taken in the event of an allergic reaction.

7) Emergency Action Plan: A personalized emergency plan written by a health-care provider that specifies the delivery of accommodations and services needed by a student in the event of a food allergy reaction.

8) Individualized Health-Care Plan: A plan written by a school nurse based on orders written by a health-care provider that details accommodations or nursing services to be provided to a student because of the student's medical condition.

## Identifying Students with Food Allergies

A. Registration: Included in the Student Registration packet for new students, the "Request for Food Allergy Information" asks parents/guardians to fill out the form to disclose whether their student has a food allergy or severe food allergy that they believe should be disclosed to the District in order to enable the District to take necessary precautions for the student's safety.

B. Parent Submissions During the School Year: If during the school year, a student is diagnosed with a food allergy, especially those allergies that could result in dangerous, or possibly life-threatening reactions either by inhalation, ingestion, or skin contact with a particular food, the District requests to be notified. It is important to disclose the food to which the student is allergic, as well as the nature of the allergic reaction. Upon diagnosis of a food allergy, the student's school nurse should be contacted immediately in order to begin taking safety precautions.

C. Post-Notification Procedures: Once the "Request for Food Allergy Information" form indicating that a student has a diagnosed food allergy or other life-threatening allergy, has been provided to the school, the school nurse will follow up with a request for the following information:

- 1) Authorization for Self-Administration of Asthma or Anaphylaxis Medication (required if the parent and physician feel a student can be responsible for self-medicating while at school);
- 2) A Food Allergy Action Plan (Emergency Care Plan) completed and signed by both the student's licensed health care provider, as well as the parent/guardian; and
- 3) A Food Allergy/Disability Substitution Request.

**PLEASE NOTE THAT IT IS THE SOLE RESPONSIBILITY OF PARENTS/GUARDIANS TO PROVIDE MEDICATIONS FOR FOOD ALLERGIES/ANAPHYLAXIS, INCLUDING, BUT NOT LIMITED TO, EPINEPHRINE AUTO-INJECTORS. THESE MEDICATIONS ARE NOT STOCKED BY JIM HOGG COUNTY ISD.**

D. Suspected Allergies: In the event the school nurse or other principal-designated school personnel suspect that a student has a food allergy or other life-threatening allergy, the school shall provide prompt notification to the parent/guardian and request for the student to be evaluated by a physician.

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**E. Non-Cooperation:** If the parent/guardian of a student with a known or suspected food allergy or other life-threatening allergy fails or refuses to cooperate with the Food Allergy Management Plan, the school shall implement a simple Emergency Care Plan stating to call 911 immediately upon recognition of symptoms. Emergency Response in the event of an emergency, response measures outlined in a student's Emergency Care Plan will be taken. If epinephrine is injected in response to an allergic reaction, 911 will be called. In the event of an episode of anaphylaxis, the principal/school administrator or school nurse shall verbally notify the student's parent/guardian as soon as possible, or delegate other school personnel to notify them. Following the episode, the school nurse shall complete a written report and file it with the student health record. Individual Health Care, 504, and Emergency Care Plans in all schools in JHCISD, an Individual Health Care Plan and/or Emergency Care Plan shall be developed for each student identified with any food allergy with potentially serious health consequences. The Emergency Care Plan must be filled out completely and signed by both the parent/guardian, and the student's physician, and in doing so will provide direct orders, as well as consent for medical treatment. If applicable, the school nurse will develop the Individual Health Care Plan after receiving acceptable notification and in collaboration with the student's health care provider, the parent/guardian of the student, and the student (if age appropriate). These plans should include both preventative measures to help avoid accidental exposure to allergens, as well as emergency measures in case of exposure.

Depending on the nature and extent of the student's allergy, the measures listed in the Individual Health Care Plan may include, but are not limited to:

- 1) Posting additional signs (e.g. in classroom entryways);**
- 2) Designating special tables in the cafeteria;**
- 3) Creating a Food Allergy Management Team (e.g. the nurse, principal, teacher, parent or bus driver);**
- 4) Educating school personnel, students, and families about food allergies; and/or**
- 5) Implementing particular protocols about cleaning surfaces touched by food products, washing of hands after eating, etc. a Food Allergy Management Plan, a 504 plan may be put in place if the 504 criteria is met and decided upon by the Section 504 Committee.**

## **Transportation and Off-Site Activities**

The nurse and/or supervisor may alert bus drivers of a student with a potentially life-threatening allergy; and if necessary, assigned seating may be required for students while riding the school bus. Drivers will not allow students to eat or drink on district transportation unless the student has written permission from his or her building principal. Written permission will be provided if the student has a medical need to consume food or beverages during the time the student is transported. A student who has a medical need to consume food or beverages on district transportation must have a 504 Plan or Individual Health Care Plan that addresses which foods or beverages the student may consume if he or she is transported with any other student who has a life-threatening food allergy. Students will be allowed to consume foods and beverages at district-approved activities and while being transported to and from activities on district

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transportation if the staff member serving as sponsor has verified that none of the students being transported have documented life-threatening food allergies. If there is a life-threatening food allergy, that allergen may be restricted from the activity. The bus driver will be notified of a life-threatening food allergy by a sponsor. Staff members must submit a list of students taking part in off-site activities, such as competitions and field trips, to the nurse at least five (5) days prior to the activity. For circumstances in which a five (5) day notice is unavailable, notification is to be given as soon as possible. The nurse will verify which, if any students, have allergies, and provide the staff member with a copy of the relevant 504 Plans, Individual Health Care Plans or Emergency Care Plan, as well as any medications that may be needed in the case of an allergic reaction. It is the parent's responsibility to communicate directly with and provide copies of the appropriate paperwork to the following personnel in charge of all before- and after-school activities:

- 1) Before- or after-school activity instructors;
- 2) Coaches;
- 3) Overnight tournament sponsors or district chaperones;
- 4) Clubs, programs, or sports sponsors; and/or
- 5) Any other activity that a student may be involved in outside of school hours.

## **Self-Management**

Each student at risk for anaphylaxis shall be allowed to carry an epinephrine auto-injector with him/her at all times, if appropriate. If this is not appropriate, the epinephrine auto-injector shall be kept in the nurse's office and/or other areas if specified by physician. A medically identified student may self-administer the epinephrine auto-injector, if appropriate.