

A Quick Overview of Food Allergies in the School Setting!



FARE
Food Allergy Research & Education

What is a food allergy?



A food allergy occurs when the immune system responds to a type of food as if it were harmful, causing an adverse reaction.

What is the Elite 8?



The 8 foods/food groups that account for 90% of serious allergic reactions...

- ❖ Milk
- ❖ Eggs
- ❖ Fish
- ❖ Crustacean shellfish
- ❖ Wheat
- ❖ Soy
- ❖ Peanuts
- ❖ Tree nuts

Common symptoms of food allergy reactions:

Skin Symptoms

- ♦ hives, swelling, itchy red rash, eczema flare

Gut Symptoms

- ♦ cramps, nausea, vomiting, diarrhea

Respiratory Symptoms

- ♦ itchy/watery eyes, runny or stuffy nose, sneezing, coughing, itchy or swelling lips/tongue/throat, tightness of chest, wheezing, repetitive throat clearing

Cardiovascular Symptoms

- ♦ fainting, shock, chest pain

Neurological Symptoms

- ♦ weakness, feeling of impending doom

Listen to the Student!



Ways a student might communicate his/her symptoms during a food allergy reaction:



"It feels like something is **poking** my tongue."

"My tongue (mouth) is *tingling* (or burning)."

"My tongue (or mouth) **itches**."

"My tongue feels like there is *hair on it*."

"**My mouth feels funny**."

"There's a **frog in my throat**."

"My tongue feels **heavy**."

"My lips feel *tight*."

"It feels like there are **bugs** in there (to describe itchy ears)."

"It (my throat) feels **thick**."

"It feels like a *bump* is on the back of my tongue (throat)."

Reducing the Risk of Exposure to Food Allergens in the Cafeteria!

Recommendations from the Centers for Disease Control and Prevention (CDC)

Encourage children, school staff, and volunteers to wash hands before and after handling or consuming food.

Wash all tables and chairs with soap and water or all-purpose cleaning agents before each meal period.

Consider designated allergy-friendly seating during meals (open to any child eating foods free of identified allergens).

With parental cooperation, create standard procedures for identifying children with food allergies. For example, a recent picture of each child could be kept in a location that is not visible to other children or the public. Procedures must follow the requirements in FERPA.

Make reasonable meal accommodations after receiving approval from a doctor or allergist through dietary orders or as stated in the child's Emergency Care Plan (ECP).

Provide advanced copies of menus for parents.

Be prepared to share food labels, recipes, or ingredient lists used to prepare meals and snacks with others.

Keep current contact information for vendors and suppliers so you can get food ingredient information.

Read all food labels and re-check with each purchase for potential food allergens.

Designate an allergen-safe food preparation area.

Keep food labels from all foods served to children with allergies for at least 24 hours after serving the food in case the child has a reaction.

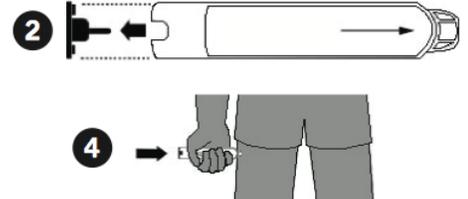
Report mistakes such as cross-contact with an allergen or errors in the ingredient list or menu immediately to administrators and parents.

Have rapid access to epinephrine auto-injectors in cases of food allergy emergency and train staff to use them.

How to administer an epinephrine injection (EpiPen):

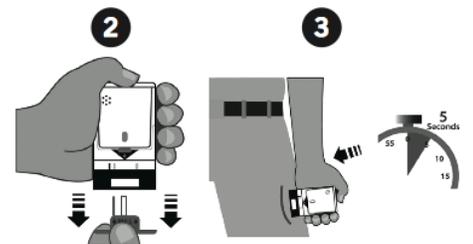
EPIPEN® (EPINEPHRINE) AUTO-INJECTOR DIRECTIONS

1. Remove the EpiPen Auto-Injector from the plastic carrying case.
2. Pull off the blue safety release cap.
3. Swing and firmly push orange tip against mid-outer thigh.
4. Hold for approximately 10 seconds.
5. Remove and massage the area for 10 seconds.



AUVI-Q™ (EPINEPHRINE INJECTION, USP) DIRECTIONS

1. Remove the outer case of Auvi-Q. This will automatically activate the voice instructions.
2. Pull off red safety guard.
3. Place black end against mid-outer thigh.
4. Press firmly and hold for 5 seconds.
5. Remove from thigh.



ADRENACLICK®/ADRENACLICK® GENERIC DIRECTIONS

1. Remove the outer case.
2. Remove grey caps labeled "1" and "2".
3. Place red rounded tip against mid-outer thigh.
4. Press down hard until needle penetrates.
5. Hold for 10 seconds. Remove from thigh.

