

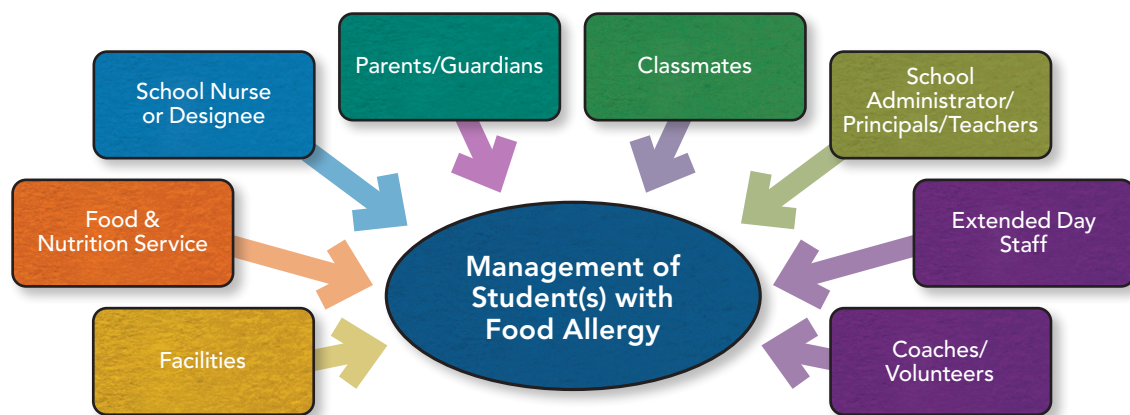
PARENTS/GUARDIANS — FREQUENTLY ASKED QUESTIONS (FAQS)

1. Questions parents/guardians should ask their child's health care professional/allergist when they are planning for their child to enter school:

- Exactly what food(s) is my child allergic to
- Does my child need a referral to a dietician
- What are food allergy basics
- What are possible signs and symptoms of an allergic reaction and how might my child describe it (such as my tongue is hot/ burning, something is poking my tongue, there is hair on my tongue, something stuck in my throat, there's a frog in my throat, it feels like bugs in my ear/ itchy ear)
- Ask for the necessary prescriptions and get them filled
- How to use an epinephrine auto-injector
- What are avoidance strategies
- Get a Emergency Care Plan (ECP)/Food Allergy Action Plan (FAAP)
- How to involve their child in an age appropriate way in self management of their life-threatening allergies

2. How do I ensure my child's safety at school? All children have the right to learn in an environment that is safe. For some families sending a child with life-threatening allergies to school can be scary.

- **Parents/guardians are encouraged to have open communication** and work to form a partnership between school staff, yourself and your child. This partnership should include the school nurse, school administrators, teaching staff, food & nutrition staff, transportation, coaches, and your child's classmates.



- **Submit the necessary paperwork and medications to assist school staff in creating a safe learning environment for your child such as:**
 - i. Allergy History
 - ii. Emergency Care Plan (ECP)/Food Allergy Action Plan (FAAP)
 - iii. Medication Authorization, include the medications in original containers
 - iv. Submit the Medical Statement for Special Meals signed by a licensed physician
- **Ask for advance notice to identify field trips/school events:**
 - i. Site/Location
 - ii. Safety Risks
 - iii. Meals/Snacks
 - iv. An adult trained in epinephrine auto-injector administration
 - v. The epinephrine auto-injector is accessible
 - vi. If an allergic reaction were to occur, what is the emergency procedure?
- **Consider attending class trips and/or parties with your child.**

3. Who can administer epinephrine in schools? Administration of epinephrine in schools will vary depending upon state regulations, school nurse practice acts, and individual school districts policies/procedures.

- It is recommended that ALL school staff first receive training in recognition of the signs and symptoms of an allergic response, and in the safe and proper use of epinephrine premeasured auto-injection devices.
- If any trained staff member determines that an allergic reaction is potentially life-threatening, the staff member may administer epinephrine at the direction of the school nurse (or designee) and according to the standing order and/or emergency care plan (ECP)/food allergy action plan (FAAP) for the student.

4. Can my child possess/self carry medication at school or school sponsored activities? Possession and self-administration of medication in schools will vary depending upon state regulations and individual school districts policies/procedures.

- Contact your local school district to determine the exact requirements.
- School district can deny your request for your child to self carry/self-administration if the required paperwork is not submitted and/or if the child fails to follow school policies regarding self carry/self-administration.

References:

- health.mo.gov/living/families/schoolhealth/pdf/mo_allergy_manual.pdf, *Guidelines for Allergy Prevention and Response—Missouri Department of Health and Senior Services—Frequently Asked Questions (FAQS)*, accessed on June 1, 2012.
- foodallergy.org/document.doc?id=123, *Managing Food Allergies in the School Setting—Guidance for Parents, The Food Allergy & Anaphylaxis Network (FAAN)*, accessed on June 13, 2012.
- kidswithfoodallergies.org/school-preparation, *Allergist ABC's—Make the grade by making time for an allergist this school year, featuring Dr. Pistiner, by Beth Puliti*, accessed on May 9, 2012.