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:


iii. 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.