ADDRESSING FOOD ALLERGIES

at

المدرسة الأمريكية الدولية
American International School
The American International School Kuwait is an Allergy Aware School.

What does this mean?
AIS is an Allergy Aware School.

This means that AIS will now be developing and implementing a comprehensive plan for managing food allergies.

Peanuts and tree nuts are the allergens that have so far been identified as life-threatening allergens to our students at AIS.

Therefore, these allergens will be our main focus.
Allergy Awareness Plan:

1. Ensure the daily management of food allergies in individual children.

2. Prepare for food allergy emergencies.

3. Provide professional development on food allergies for staff members.

4. Educate students and family members about food allergies.

5. Create and maintain a healthy and safe educational environment.
3. **Provide professional development on food allergies for staff.**

a. provide general training on food allergies for all staff.

b. provide in-depth training for staff who have frequent contact with children with food allergies.
How to CARE for Students with Food Allergies - What Every Educator Should Know

- Comprehend
- Avoid
- Recognize
- Enact
A **food allergy** is when your body’s immune system overreacts to a food protein that can affect any system of the body, including the respiratory, cardiovascular, gastrointestinal, and skin systems.
A **food allergy** is a potentially serious immune response to eating or otherwise coming into contact with certain foods or food additives that can cause anaphylaxis.

A **food intolerance** is an adverse reaction to food that does not involve the immune system and is not life-threatening.

**Example**

Lactose intolerance
Trouble digesting milk sugar (lactose)
Eight (8) foods cause ninety (90) percent of the food allergic reactions in the United States:

- Milk
- Eggs
- Wheat
- Soy
- Peanuts
- Tree Nuts
- Fish
- Shellfish
Ingestion of even the smallest amount of the allergen can trigger this overreaction and can cause a variety of symptoms from mild nausea to anaphylaxis.
Anaphylaxis is a serious allergic reaction that is rapid in onset and can cause death within minutes.
Treatment of **ANAPHYLAXIS**

**Epinephrine** by injection is the treatment for a serious reaction

- Quick administration is key – a delay can be deadly
- Follow-up care and observation in the emergency room for 4-6 hours (symptoms improve or disappear, then the 2\(^{nd}\) wave can be worse than the first)
Avoid

• Nuts, peanuts or any products containing nuts or peanuts are discouraged.
• There will be a “Nut Free Zone” around the student’s classroom in elementary.
• The student’s classroom will also be a “Nut Free Zone.”

Peanut and Nut Aware School

Nuts, peanuts or any products containing nuts or peanuts are discouraged.

Please wash hands.
Clean hands help you to stay healthy and keep our friends safe.

Thank You!

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Avoid

✓ Avoid the use of identified allergens in class projects, parties, holidays and celebrations, arts, crafts, science experiments, cooking, snacks, or rewards. Modify class materials as needed.

✓ Use non-food incentives for prizes, gifts, and awards.

✓ Include information about children with special needs, including those with known food allergies, in instructions to substitute teachers.

✓ Encourage children to wash hands before and after handling or consuming food.

✓ Avoid ordering food from restaurants because food allergens may be present, but unrecognized.

✓ Have rapid access to epinephrine auto-injectors. If you suspect a severe food allergy reaction or anaphylaxis, take immediate action.

✓ Be a role model by respecting the needs of students with food allergies and reinforcing the school’s rules against discrimination and bullying.
SYMPTOMS

MOUTH
Significant swelling of the tongue and/or lips

THROAT
Tight, hoarse, trouble breathing/swallowing

LUNG
Short of breath, wheezing, repetitive cough

HEART
Pale, blue, faint, weak pulse, dizzy

GUT
Repetitive vomiting, severe diarrhea

OTHER
Feeling something bad is about to happen, anxiety, confusion

SKIN
Many hives over body, widespread redness
EMERGENCY CARE PLAN

FOR ANY OF THE FOLLOWING:

SEVERE SYMPTOMS

LUNG
Short of breath, wheezing, repetitive cough

HEART
Pallor, blue, faint, weak pulse, dizzy

THROAT
Cough, hoarse, trouble breathing/swallowing

MOUTH
Significant swelling of the tongue and/or lips

SKIN
Many hives over body, widespread redness

GUT
Repetitive vomiting, severe diarrhea

OTHER
Feeling something bad is about to happen, anxiety, confusion

FOR MILD SYMPTOMS FROM MORE THAN ONE SYSTEM AREA, GIVE EPIPEPHRINE.

FOR MILD SYMPTOMS FROM A SINGLE SYSTEM AREA, FOLLOW THE DIRECTIONS BELOW:
1. Antihistamines may be given, if ordered by a healthcare provider.
2. Stay with the person, alert emergency contacts.
3. Watch closely for changes. If symptoms worsen, give epinephrine.

MEDICATIONS/DOSES

Epinephrine Brand: ____________________________

Epinephrine Dose: 10.15 mg IM 10.3 mg IM

Antihistamine Brand or Generic: ____________________________

Antihistamine Dose: ____________________________

Other (e.g., inhaled bronchodilator if wheezing): ____________________________

INJECT EPIPHEPHRINE IMMEDIATELY.

1. Call emergency contact immediately. Tell them the child is having anaphylaxis.

2. Lay the person flat, raise legs and keep warm. If breathing is difficult or they are vomiting, let them sit up or lie on their side.

3. If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.

4. Transport them to ER even if symptoms resolve. Person should remain in ER for at least 4 hours because symptoms may return.

NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. USE EPINEPHRINE.
**EMERGENCY CARE PLAN**

**Enact**

**EMERGENCY CARE PLAN**

**IPEN® (EPINEPHRINE) AUTO-INJECTOR DIRECTIONS**
- Remove the EpiPen Auto-Injector from the plastic carrying case.
- Pull off the blue safety release cap.
- Swing and firmly push orange tip against mid-outer thigh.
- Hold for approximately 10 seconds.
- 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.

**OTHER DIRECTIONS/INFORMATION** (may self-carry epinephrine, may self-administer epinephrine, etc.)

Treat the person before calling emergency contacts. The first signs of a reaction can be mild, but symptoms can get worse quickly.

**EMERGENCY CONTACTS**

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**PARENT/GUARDIAN AUTHORIZATION SIGNATURE**

**DATE**

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FREE online interactive course!!!!

www.foodallergy.org

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Questions?

Please send any questions, comments, concerns to:
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