

Managing Severe Allergies Outside of the School Building: Special Situations

get schooled in
ANAPHYLAXIS[®]

Considerations for field trips/school-sponsored activities (athletics/after-care programs):

- ★ Discuss accommodations with parents, school administrators and school nurses in advance of any trip or activity outside school grounds
 - » Ensure school-sponsored after-school activities adhere to the school's policies and procedures regarding potentially life-threatening (severe) allergy management
 - » Choose field trips so that students will not be excluded due to their risk of allergen exposure
 - » Consider potential food contact, and arrange an appropriate meal/snack for each student
 - » Notify the school nurse in advance and determine the location of the nearest Emergency Medical Services (EMS)
 - » Have the school nurse review each student's Anaphylaxis Action Plan with the activity supervisor and provide training in storage/administration of epinephrine
 - » Ensure a student's Anaphylaxis Action Plan and epinephrine accompany the student during activities

Considerations for food in curriculum and school-sponsored snacks or events:

- ★ Foster collaboration between school staff and parents to build an allergy-friendly event/activity
- ★ Avoid allergens in educational tools, crafts and incentives
- ★ Pay attention to items to which students may have contact sensitivity, even without consumption (e.g., pet supplies)
 - » All food, food elements and pet supplies incorporated as curricular material should have clear ingredient labels available for review by parents of affected students prior to use
- ★ Do not grade/evaluate students on their ability to manipulate or consume items to which they have an allergy
- ★ Use non-food items as incentives or rewards
- ★ Select food snacks that all students can safely consume
- ★ Ensure clear ingredient labels are available for review by parents of affected students prior to distribution
- ★ Provide students enough time for proper hand washing before and after eating and/or using food products

Considerations for school transportation:

- ★ Unless necessary, do not allow food, snacks or treats to be distributed, handled or eaten on buses
- ★ Put a communication system in place (e.g., cell phones, walkie-talkies or radios)
- ★ Thoughtfully seat students on the bus
- ★ Ensure immediate access to epinephrine

Adapted, with permission, from content in the St. Louis Children's Hospital, FAME: Food Allergy Management and Education Manual.

The Get Schooled in Anaphylaxis initiative offers practical information to educate the school community to help those at risk for life-threatening allergic reactions avoid their triggers, recognize anaphylaxis signs and symptoms and understand how to quickly get appropriate treatment and immediate medical care when anaphylaxis occurs.

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