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An allergy is an undesirable reaction, immediate or delayed, limited or generalised, and that could eventually cause death.

One must make the distinction between an allergy and food intolerance.

Allergies to peanuts

This allergy is one of the most common food allergies and is the principal cause of anaphylaxis. This allergy has a multitude of symptoms. The most serious reactions are those causing respiratory difficulties and a drop in blood pressure or anaphylactic shock.

Anaphylactic shock

- It is a serious allergic reaction.
- One must react quickly or death may result.
- The first sign of anaphylactic shock is usually an itching sensation.
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During anaphylactic shock, chemical substances secreted by the body cause some or all of the following symptoms:

- itching;
- swelling of the throat and other parts of the body;
- hives;
- laboured breathing and tightness in the chest;
- dizziness;
- collapse of the victim;
- death if treatment is not given.

Treatment

- Use an EPIPEN or ANA-KIT (epinephrine) – if the student has one at the school.
- Call an ambulance (911) or 490-8337
- Get the child to the hospital (by ambulance)
- Avoid further contact with the allergen.

The epinephrine must be given quickly, as soon as the first signs of a severe allergic reaction appear. Next, phone an ambulance and then notify the parents. Despite adequate treatment of anaphylactic shock, there have been cases of relapse even 8 hours after the initial indications of the allergic reaction. This relapse may occur without further exposure to the allergen. Therefore, an adult must remain with the victim after the initial reaction.

Protocol in the case of anaphylactic shock

Goal: Reduce the risk of students suffering severe allergic reactions to peanuts or other allergens.

Responsibilities of the parents (of the allergic child)

- Meet the school administration at or before the beginning of the school year
- Meet the child's teachers.
- Fill out the information forms concerning the allergy and provide all additional information including your family doctor's authorisation.
- Ensure that the child wears a Medic-Alert bracelet.
- Ensure that the child has his or her medication readily available (eg. Permanently at the school and on the bus)
- Inform the child's bus driver.
- Verify the expiry dates of the medication left at the school.
- Inform the teachers of their child's condition and usual symptoms.
- Prepare appropriate snacks and meals for their child.
- During parties or other school activities, ensure the child understands not to eat food that may cause an allergic reaction.
- Provide the school with a list of foods not to be eaten by their child.
- Inform the cafeteria staff of their child's allergies. This is especially important if the child participates in a "Lunch programme".
- Provide an Epipen, and a passport size photo of the child. The photo will be included on the medical information sheet that is kept with the Epipen. This information sheet would be sent with the ambulance driver, in the case of an emergency.

Responsibilities of the student

- Eat only food allowed by his/her parents.
- Wash hands before eating.
- Wash place mat before eating.
- Learn to recognise his/her personal symptoms of an allergic reaction. .

Responsibilities of the student (continued)

- Carry his/her medication (or have permanently available at school and on bus).
- Learn how to use the EpiPen. (when old enough)
- Inform an adult (teacher/playground supervisor) when symptoms occur.
- Inform staff if they are being teased about the subject of the allergy.
- Inform staff if there is a danger of an allergen in the school.
- Eat only food that was prepared at home.

Responsibilities of the administration

- Meet with parents (*of the allergic child*) before or at the beginning of the school year.
- Organise a meeting between school personnel and the parents. (Teachers, noon hour supervisors, bus drivers, teaching assistants, etc.)
- Ensure that medical information is placed in the classroom, the staffroom and main office.
- Determine, with the parents, the number and location of EpiPens in the school.
- Ensure that parents have informed cafeteria staff.
- Send letters to the students of the allergic child's class, explaining the severity of the allergy and the precautions to be taken.
- Ensure that all the parents, of the allergic child's classmates, are informed of the situation and precautions to be taken.
- Make sure the teacher has a list of prohibited foods.
- Make sure that the medication, required in the case of anaphylactic shock, be placed with the medical information sheet (in the room where the child eats) in an obvious and visible location.
- Ensure that staff members be trained in the use of an EpiPen.
- Review the procedure and use of the EpiPen with staff.
- Ensure that the TOCs (Teacher on call) are informed of the situation, the procedure to be followed and the use of an EpiPen.

Responsibilities of the teachers

- ❑ Teachers working with the child meet with the parents.
- ❑ Classroom teacher will ensure the medication and medical information are located in a convenient and visible location.
- ❑ Ensure that the noon-hour supervisor is aware of the protocol and the location of the medication.
- ❑ Inform the TOC of the situation and the protocol in the case of absence.
- ❑ Insure that the child carries his/her medication (if not permanently placed in the classroom)
- ❑ Avoid using food containing allergens in the classroom (read labels). Advise parents of any events in the class that involve food.
- ❑ Do not assign the allergic student the task of washing dishes or cleaning up of food materials, wrappers etc.
- ❑ Explain allergies and anaphylactic shock to the class.
- ❑ During class activities involving food, keep a watchful eye on the student and ensure that the medication is readily available.

Responsibilities of the noon hour / playground supervisors

- ❑ Participate in the information / training session
- ❑ Know the emergency protocol.
- ❑ Know the location of the medication and medical information.
- ❑ Know how to use the EpiPen.
- ❑ Discourage the exchange of food between students.
- ❑ Encourage children to wash before and after eating.
- ❑ Ensure that the table of the allergic child is washed before and after the meal.
- ❑ Carry a two-way radio while supervising in the playground.

Name of the student _____ Year 20 ____

Signature for protocol :

Parent : _____ Date : _____

Administrator : _____ Date : _____

Teacher : _____ Date : _____

Procedure in case of anaphylactic symptoms

Possible symptoms:

- Feeling of apprehension or anxiety.
- Redness of the face.
- Hives.
- Swelling or tingling of the lips, mouth, eye lids or tongue.
- Constriction of the throat and/or chest area.
- Difficulty swallowing or breathing, hyper-salivating, wheezing sound while breathing, coughing.
- Runny nose, change in voice.
- Nausea, vomiting, diarrhoea, abdominal pain.
- dizziness, sudden fatigue, rapid pulse, shivering
- Paleness, loss of consciousness, coma.

Action to be taken:

Administer the Epipen (epinephrine) or other medication provided by the parent.

Never leave the child unattended, without adult supervision.

Ask someone to phone an ambulance and state that it concerns a case of anaphylactic shock. A paper describing what to say to the ambulance personnel is in the pouch/bag containing the child's medication.

- *Send the child to the hospital by ambulance.*
 - *Make sure a staff member accompanies the child to the hospital and awaits the arrival of the parents.*
 - *Give the medical information sheet (concerning the allergic child) to the ambulance attendant and indicate the time at which the injection was given. It is possible that another Epipen injection be required 15 minutes after the first. Some ambulance attendants do not have the right to administer an Epipen injection, so be sure that someone who can accompanies the child in the ambulance.*
4. *Lay the child down in the prone position (on his / her side) if he or she vomits. Lay the child on his / her back and elevate the legs if there is no vomiting.*
 5. *Cover and keep the child warm.*
 6. *Ask someone to take note of the time of injection.*
 7. *Ask someone to contact and inform the parents.*



**INFORMATION REQUIRED
BY THE PARAMICS**

URGENCE: 911 or 490-8337

PHOTO

EVENTS LEADING UP TO EMERGENCY OR INJURY	
STUDENT'S NAME	
BIRTHDAY	
ADDRESS	
PHONE	
PARENT'S NAME	
ADDRESS	
ALL MEDICAL PROBLEMS	
MEDICATIONS TAKING	
ANY ALLERGIES	
CARE CARD NUMBER	
FAMILY DOCTOR'S NAME & PHONE	

PARENT'S SIGNATURE

DATE



**INFORMATION
POUR LES AMBULANCIERS**

URGENCE: 911 ou 490-8337

PHOTO

DESCRIPTION DE L'ÉVÈNEMENT	
NOM DE L'ÉLÈVE	
DATE NAISSANCE	
ADRESSE	
TÉLÉPHONE	
NOM DES PARENTS	
ADRESSE	
PROBLÈMES MÉDICAUX	
MÉDICATIONS	
ALLERGIES	
CARTE ASSURANCE MALADIE	
NOM DU MEDECIN FAMILLE & TÉLÉPHONE	

SIGNATURE DES PARENTS

DATE