



1213, Debeck Road
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An allergy is an undesirable reaction, immediate or delayed, limited or generalized, 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 250-490-8337
- 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.



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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.



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Responsibilities of the student

- Eat only food allowed by his/her parents.
- Wash hands before eating.
- Wash place mat before eating.

Responsibilities of the student (continued)

- Learn to recognise his/her personal symptoms of an allergic reaction.
- 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.



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- 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.

Responsibilities of the teachers

- Ensure that the TOCs (Teacher on call) are informed of the situation, the procedure to be followed and the use of an EpiPen.
- 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.



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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 : _____

Lise Rodrigue, Mai 2018 - OneDrive CSF / Formulaires médicaux



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