

# ADDRESSING FOOD ALLERGIES

at



المدرسة الأمريكية الدولية  
American International School





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# **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**

**Allergy  
Ready.com**



# Comprehend



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.



## Comprehend

# Food Allergy Vs. Food Intolerance



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)



## Comprehend

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**



## Comprehend

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**.





## Comprehend

**Anaphylaxis** is a serious allergic reaction that is rapid in onset and can cause death within minutes.



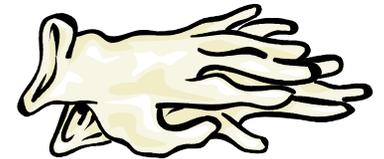
Food



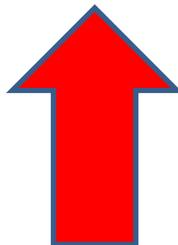
Insect Venom



Medications



Latex





## Comprehend

# 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<sup>nd</sup> 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.



# Recognize SYMPTOMS



## MOUTH

Significant swelling of the tongue and/or lips



## THROAT

Tight, hoarse, trouble breathing/swallowing



## OTHER

Feeling something bad is about to happen, anxiety, confusion



## LUNG

Short of breath, wheezing, repetitive cough



## HEART

Pale, blue, faint, weak pulse, dizzy



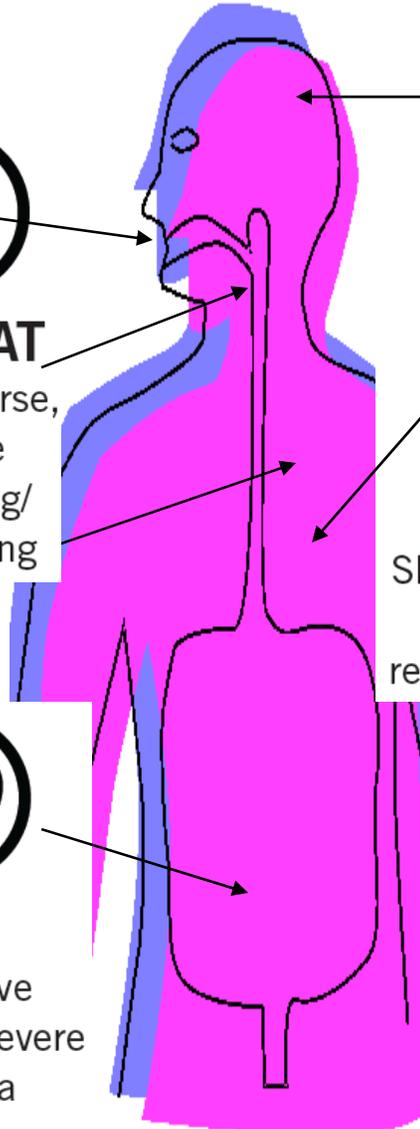
## GUT

Repetitive vomiting, severe diarrhea



## SKIN

Many hives over body, widespread redness





# EMERGENCY CARE PLAN Front



**FARE**

Food Allergy Research & Education

## FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

Allergy to: \_\_\_\_\_

Weight: \_\_\_\_\_ lbs. Asthma: [ ] Yes (higher risk for a severe reaction) [ ] No

PLACE  
PICTURE  
HERE

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

Extremely reactive to the following foods: \_\_\_\_\_

THEREFORE:

[ ] If checked, give epinephrine immediately for ANY symptoms if the allergen was likely eaten.

[ ] If checked, give epinephrine immediately if the allergen was definitely eaten, even if no symptoms are noted.

FOR **ANY** OF THE FOLLOWING:

### SEVERE SYMPTOMS



#### LUNG

Short of breath, wheezing, repetitive cough



#### HEART

Pale, blue, faint, weak pulse, dizzy



#### THROAT

Tight, 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

OR A COMBINATION of symptoms from different body areas.

1. **INJECT EPINEPHRINE IMMEDIATELY.**
2. **Call emergency contact immediately** Tell them the child is having anaphylaxis.

Name/Relationship: \_\_\_\_\_  
Phone: \_\_\_\_\_

- 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.
- If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
- Transport them to ER even if symptoms resolve. Person should remain in ER for at least 4 hours because symptoms may return.

### MILD SYMPTOMS



#### NOSE

Itchy/runny nose, sneezing



#### MOUTH

Itchy mouth



#### SKIN

A few hives, mild itch



#### GUT

Mild nausea/ discomfort

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

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: [ ] 0.15 mg IM [ ] 0.3 mg IM

Antihistamine Brand or Generic: \_\_\_\_\_

Antihistamine Dose: \_\_\_\_\_

Other (e.g., inhaler-bronchodilator if wheezing): \_\_\_\_\_

PARENT/GUARDIAN AUTHORIZATION SIGNATURE

DATE

PHYSICIAN/HCP AUTHORIZATION SIGNATURE

DATE



# Enact

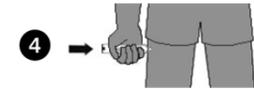
## EMERGENCY CARE PLAN Back



#### EPIPEN® (EPINEPHRINE) AUTO-INJECTOR DIRECTIONS

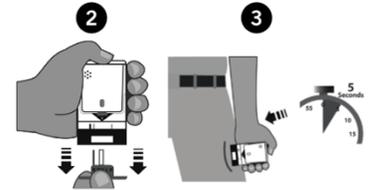
Remove the EpiPen Auto-Injector from the plastic carrying case. Pull off the blue safety release cap.

- 3. Swing and firmly push orange tip against mid-outer thigh.
- 4. Hold for approximately 10 seconds.
- 5. 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

RESCUE SQUAD: \_\_\_\_\_

DOCTOR: \_\_\_\_\_ PHONE: \_\_\_\_\_

PARENT/GUARDIAN: \_\_\_\_\_ PHONE: \_\_\_\_\_

#### OTHER EMERGENCY CONTACTS

NAME/RELATIONSHIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

NAME/RELATIONSHIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

PARENT/GUARDIAN AUTHORIZATION SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

**FREE online interactive course!!!**



**[www.foodallergy.org](http://www.foodallergy.org)**



# Questions?

**Please send any questions,  
comments, concerns to:  
[Kira.Malatchi@ais-Kuwait.org](mailto:Kira.Malatchi@ais-Kuwait.org)**