

**Mount Sinai Elementary School
Mount Sinai, New York 11766**

**Important Information Regarding
Elementary Students with Severe Allergies**

- **Allergy Action Plan**
- **Signs and Symptoms**
- **School Protocol**
 - **Classroom Resources**
 - **Teacher Overview**
 - **Parent Notification Letter**
 - **Reading Food Labels for Allergies**

Mrs. Kathy Pantino, RN
Mount Sinai Elementary School
Telephone 631-870-2640
Email kpantino@mtsinai.k12.ny.us

Allergy Action Plan

Student's Name: _____ D.O.B: _____ Teacher: _____

Place
Child's
Picture
Here

ALLERGY TO: _____

Asthmatic Yes* No *Higher risk for severe reaction

◆ STEP 1: TREATMENT ◆

<u>Symptoms:</u>	<u>Give Checked Medication**:</u> <small>** (To be determined by physician authorizing treatment)</small>
▪ If a food allergen has been ingested, but <i>no symptoms</i> :	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Antihistamine
▪ Mouth Itching, tingling, or swelling of lips, tongue, mouth	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Antihistamine
▪ Skin Hives, itchy rash, swelling of the face or extremities	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Antihistamine
▪ Gut Nausea, abdominal cramps, vomiting, diarrhea	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Antihistamine
▪ Throat† Tightening of throat, hoarseness, hacking cough	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Antihistamine
▪ Lung† Shortness of breath, repetitive coughing, wheezing	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Antihistamine
▪ Heart† Weak or thready pulse, low blood pressure, fainting, pale, blueness	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Antihistamine
▪ Other† _____	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Antihistamine
▪ If reaction is progressing (several of the above areas affected), give:	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Antihistamine

†Potentially life-threatening. The severity of symptoms can quickly change.

DOSAGE

Epinephrine: inject intramuscularly (circle one) EpiPen® EpiPen® Jr. Twinject® 0.3 mg Twinject® 0.15 mg

Antihistamine: give _____
medication/dose/route

Other: give _____
medication/dose/route

IMPORTANT: Asthma inhalers and/or antihistamines cannot be depended on to replace epinephrine in anaphylaxis.

◆ STEP 2: EMERGENCY CALLS ◆

1. Call 911 (or Rescue Squad: _____). State that an allergic reaction has been treated, and additional epinephrine may be needed.

2. Dr. _____ Phone Number: _____

3. Parent _____ Phone Number(s) _____

4. Emergency contacts:

Name/Relationship	Phone Number(s)	
a. _____	1.) _____	2.) _____
b. _____	1.) _____	2.) _____

EVEN IF PARENT/GUARDIAN CANNOT BE REACHED, DO NOT HESITATE TO MEDICATE OR TAKE CHILD TO MEDICAL FACILITY!

Parent/Guardian's Signature _____ Date _____

Doctor's Signature _____ Date _____

(Required)

**Mount Sinai Elementary School
Mount Sinai, New York 11766**

SIGNS OF AN ALLERGIC REACTION

Student _____ Teacher _____

Allergy to _____

<u>Systems:</u>	<u>Symptoms:</u>
*Mouth	Itching & swelling of lips, tongue or mouth, drooling
*Throat	Itching and/or a sense of tightness in the throat, hoarseness, coughing, change in voice quality; difficulty swallowing
*Skin	Hives, rash and/or swelling about the face or extremities, flushed face-followed by pallor
*Stomach	Nausea, abdominal cramps, vomiting and/or diarrhea
*Lung	Shortness of breath, repetitive coughing and/or wheezing
*Heart	Rapid heartbeat, dizziness, unsteadiness, and “passing-out”

**The severity of symptoms can quickly change.
All above symptoms can potentially progress to a
Life-threatening situation!**

**Mount Sinai Elementary School
Mount Sinai, New York 11766**

How a Child Might Describe an Allergic Reaction

Children have unique ways of describing their experiences and perceptions, and allergic reactions are no exception. Precious time is lost when adults do not immediately recognize that a reaction is occurring or don't understand what a child is telling them.

Some children, especially very young ones, put their hands in their mouths or pull or scratch at their tongues in response to a reaction. Also, children's voices may change (e.g., become hoarse or squeaky), and they may slur their words.

The following are examples of the words a child might use to describe a reaction:

- "This food's too spicy."
- "My tongue is hot [or burning]."
- "It feels like something's poking my tongue."
- "My tongue [or mouth] is tingling [or burning]."
- "My tongue [or mouth] itches."
- "It [my tongue] feels like there is hair on it."
- "My mouth feels funny."
- "There's a frog in my throat."
- "There's something stuck in my throat."
- "My tongue feels full [or heavy]."
- "My lips feel tight."
- "It feels like there are bugs in there." (to describe itchy ears)
- "It [my throat] feels thick."
- "It feels like a bump is on the back of my tongue [throat]."

**Mount Sinai Elementary School
Mount Sinai, New York 11766**

**SCHOOL PROTOCOL
FOOD ALLERGY AWARENESS/PREVENTION**

Class management:

- *Thorough review of IEP/504/Health Considerations
- *Alert letter home to classmates
- *Desks disinfected
- *Student hand washing
- *Discourage food sharing
- *Parents provide listing of acceptable foods
- *Parties-student to keep his/her own non-perishable foods
- *Pack snacks separately from student lunch
- *Promote parent/teacher communication

Cafeteria:

- *Aide alerted
- *Cafeteria tables disinfected
- *Student hand washing
- *Discourage food sharing
- *Assign seat at class table as indicated
- *Monitor food eaten surrounding student
- *Voluntary peanut free table to student and classmate. This table is located in close proximity to the nurses office in the event of an emergency.

Field Trips:

- *Epi-pen training to teacher/aide supervising field trip
- *Medications and allergy action plan taken on field trip
- *Teacher notify Main Office of cell phone number while on field trip
- *Two way radio provided on school bus

Bus transportation:

- *Alert Bus Driver/parent permission
- *Enforce the no food on bus policy

Nurse:

- *Maintains Emergency Individual Health Care Plan
- *Oversee Food Allergy Awareness/Prevention
- *Provides education on food allergy signs & symptoms to staff
- *Provides Epi-Pen training to staff for field trips and 504 plans

**Mount Sinai Elementary School
Mount Sinai, New York 11766**

**LUNCH ROOM PRECAUTIONS
FOR STUDENTS WITH FOOD ALLERGIES**

- *Student must wash hands prior to eating*
- *Inform parent of 'peanut free' table as necessary
- *If wipes have been provided by parent, clean the area where the child is to be seated.
- *Have student sit in the same seat every day.
- *Monitor students sitting around child.
- *If a child is eating peanut butter next to the student with allergies please move that child in a kind way.
- *The child eating peanut butter must wash their hands after eating.
- *If wipes have been provided by parent, have each child in the class wipe their hands after eating.
- *Call parent with concerns and prior to providing any class treats.

Sample of notification to parents/guardians
Regarding severe allergy

Mt. Sinai Elementary School
Mt. Sinai, New York

Dr. J. Gentilcore, Principal
Ms. L. Chase, Asst. Principal

Dear Parent/Guardian:

September 2010

There is a student in your child's class with a potentially life-threatening *peanut* allergy. This student could possibly have a reaction from smelling or touching an area that has been exposed to *peanuts*. The student most definitely would have a reaction if they ingested something containing a *peanut*.

With the above in mind we are asking for your cooperation and avoid sending in foods with the following ingredients: *Peanuts, peanut butter and peanut by-products*.

Thank you in advance for your cooperation. If you have any questions please call me at 870-2640.

Yours truly,

Kathryn N. Pantino RN
Elementary School Nurse

Mount Sinai Elementary School
Mount Sinai, New York 11766

How to Read a Label for a Peanut-Free Diet

All FDA-regulated manufactured food products that contain peanut as an ingredient are required by U.S. law to list the word “peanut” on the product label.

Avoid foods that contain peanuts or any of these ingredients:

- artificial nuts
- beer nuts
- cold pressed, expeller pressed, or extruded peanut oil
- goobers
- ground nuts
- mixed nuts
- monkey nuts
- nut pieces
- nutmeat
- peanut butter
- peanut flour
- peanut protein hydrolysate

Peanut is sometimes found in the following:

- African, Asian (*especially Chinese, Indian, Indonesian, Thai, and Vietnamese*), and Mexican dishes
- baked goods (*e.g., pastries, cookies*)
- candy (*including chocolate candy*)
- chili
- egg rolls
- enchilada sauce
- marzipan
- mole sauce

- nougat

How to Read a Label for a Tree Nut-Free Diet

All FDA-regulated manufactured food products that contain a tree nut as an ingredient are required by U.S. law to list the specific tree nut on the product label.

Avoid foods that contain nuts or any of these ingredients:

- almonds
- artificial nuts
- beechnut
- Brazil nuts
- butternut
- cashews
- chestnuts
- chinquapin
- coconut
- filberts/hazelnuts
- gianduja (*a chocolate-nut mixture*)
- ginkgo nut
- hickory nuts
- litchi/lychee/lychee nut
- macadamia nuts
- marzipan/almond paste
- Nangai nuts
- natural nut extract (*e.g., almond, walnut*)
- nut butters (*e.g., cashew butter*)
- nut meal
- nut paste (*e.g., almond paste*)
- nut pieces
- nutmeat

- pecans
- pesto
- pili nut
- pine nuts (*also referred to as Indian, pignoli, pigñolia, pignon, piñon, and pinyon nuts*)
- pistachios
- praline
- shea nut
- walnuts

Tree nuts are sometimes found in the following:

- black walnut hull extract (*flavoring*)
- natural nut extract
- nut distillates/alcoholic extracts
- nut oils (*e.g., walnut oil, almond oil*)
- walnut hull extract (*flavoring*)

How to Read a Label for a Milk-Free Diet

All FDA-regulated manufactured food products that contain milk as an ingredient are required by U.S. law to list the word “milk” on the product label.

Avoid foods that contain milk or any of these ingredients:

- butter, butter fat, butter oil, butter acid, butter ester(s)
- buttermilk
- casein
- casein hydrolysate
- caseinates (in all forms)
- cheese
- cottage cheese
- cream
- curds

- custard
- diacetyl
- ghee
- half-and-half
- lactalbumin, lactalbumin phosphate
- lactose
- lactoferrin
- lactulose
- milk (*in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, low-fat, malted, milkfat, nonfat, powder, protein, skimmed, solids, whole*)
- milk protein hydrolysate
- pudding
- Recaldent®
- rennet casein
- sour cream, sour cream solids
- sour milk solids
- tagatose
- whey (in all forms)
- whey protein hydrolysate
- yogurt

Milk is sometimes found in the following:

- artificial butter flavor, margarine
- baked goods, nisin, nondairy products
- caramel candies, nougat
- chocolate
- lactic acid starter culture and other bacterial cultures
- luncheon meat, hot dogs, sausages

How to Read a Label for an Egg-Free Diet

All FDA-regulated manufactured food products that contain egg as an ingredient are required by U.S. law to list the word “egg” on the product label.

Avoid foods that contain eggs or any of these ingredients

- albumin (*also spelled albumen*)
- egg (*dried, powdered, solids, white, yolk*)
- eggnog
- lysozyme
- mayonnaise
- meringue (*meringue powder*)
- ovalbumin
- surimi

Egg is sometimes found in the following:

- baked goods
 - egg substitutes
 - lecithin
 - macaroni
-
- marzipan
 - marshmallows
 - nougat
 - pasta

How to Read a Label for a Wheat-Free Diet

All FDA-regulated manufactured food products that contain wheat as an ingredient are required by U.S. law to list the word “wheat” on the product label. The law defines any species in the genus *Triticum* as wheat.

Avoid foods that contain wheat or any of these ingredients:

- bread crumbs
- bulgur
- cereal extract

- club wheat
- couscous
- cracker meal
- durum
- einkorn
- emmer
- farina
- flour (*all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat*)
- hydrolyzed wheat protein
- Kamut
- matzoh, matzoh meal (*also spelled as matzo, matzah, or matza*)
- pasta
- seitan
- semolina
- spelt
- sprouted wheat
- triticale
- vital wheat gluten
- wheat (*bran, durum, germ, gluten, grass, malt, sprouts, starch*)
- wheat bran hydrolysate
- wheat germ oil
- wheat grass
- wheat protein isolate
- whole wheat berries

Wheat is sometimes found in the following:

- glucose syrup
- soy sauce
- starch (*gelatinized starch, modified starch, modified food starch, vegetable starch*)
- surimi

How to Read a Label for a Soy-Free Diet

All FDA-regulated manufactured food products that contain soy as an ingredient are required by U.S. law to list the word “soy” on the product label.

Avoid foods that contain soy or any of these ingredients:

- edamame
- miso
- natto
- shoyu
- soy (*soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt*)
- soya
- soybean (curd, granules)
- soy protein (concentrate, hydrolyzed, isolate)
- soy sauce
- tamari
- tempeh
- textured vegetable protein
- tofu

Soy is sometimes found in the following:

- Asian cuisine
- vegetable broth
- vegetable gum
- vegetable starch

How to Read a Label for a Shellfish-Free Diet

All FDA-regulated manufactured food products that contain a crustacean shellfish as an ingredient are required by U.S. law to list the specific crustacean shellfish on the product label.

Avoid foods that contain shellfish or any of these ingredients:

- barnacle
- crab
- crawfish (*crawdad, crayfish, ecrevisse*)
- krill
- lobster (*langouste, langoustine, Moreton bay bugs, scampi, tomalley*)
- prawns
- shrimp (*crevette, scampi*)

Mollusks are not considered major allergens under food labeling laws and may not be fully disclosed on a product label.

Your doctor may advise you to avoid mollusks or these ingredients:

- abalone
- clams (*cherrystone, geoduck, littleneck, pismo, quahog*)
- cockle
- cuttlefish
- limpet (*lapas, opihi*)
- mussels
- octopus
- oysters
- periwinkle
- scallops
- sea cucumber
- sea urchin
- snails (*escargot*)
- squid (*calamari*)
- whelk (*Turban shell*)

Shellfish are sometimes found in the following:

- bouillabaisse
- cuttlefish ink
- fish stock
- glucosamine
- seafood flavoring (*e.g., crab or clam extract*)
- surimi