

SUGGESTIONS FOR DEALING WITH SEVERE PEANUT ALLERGIES at SCHOOL

Tips For Parents

Suggestions for parents that could help make their allergic child's school experience safer:

- Arrange a meeting with your school principal/classroom teacher/nurse over the summer to educate them on the severity of your child's nut allergy.
- Find out the school's policy on peanut allergies.
- Find out if the lunchroom policy creates a safe environment for your child.
- Supply the teacher with a list of 'safe' snacks to bring into the room.
- Supply the teacher with extra 'safe' snacks for children who mistakenly bring in dangerous food.
- Supply the teacher with disinfectant wipes to clean the tables daily in the classroom after snack.
- Supply the teacher with hand soap for the children to wash their hands before / after snack and lunch.
- Supply the school with signs that say "Peanut Free Classroom."
- Prepare a speech to discuss the allergy at back to school night during the first month of school.
- Offer to pay for your child's teacher to get CPR and Epipen trained over the summer in case the school can not pay for it.
- Create an action plan with the school's principal for emergencies that may arise.
- Volunteer to attend the first faculty meeting with the staff to discuss the needs of your child.
- Supply the school with movies and books pertaining to nut allergies.
- Supply the teacher with workshop material in the area pertaining to the allergy.
- Ask your child's allergist to talk for a few minutes with your child's teacher to explain the severity of the allergy.
- Volunteer to go on school trips or organize class parties to ensure a safe environment.
- Provide the school with your emergency phone numbers.
- Keep an open line of communication with your child's teacher.
- Educate your child on what your goals are at the school.

Tips for Schools

Suggestions for a school to follow to help create a safe environment:

- Have a direct line of communication with the families of children with the peanut allergies.
- Listen to all suggestions from the peanut allergic families.
- Have an emergency action plan in place in case a child goes into anaphylactic shock.
- Educate all the people in your school community about the horrors of this health risk.
- Never be afraid to let the staff know this is a fatal food allergy.
- Consider what type of lunchroom procedure you would like to follow.
- Talk about the dangers of this allergy at back-to-school nights, newsletters, board meetings, or staff meetings to ensure everyone understands the seriousness of this allergy.

Teacher Tips For A Safe Classroom

Suggestions to make the classroom safer:

- Hang signs around the room and on entrances that say "Peanut Free Classroom."
- Send notes home to all the families the first day of school explaining how no peanut products will be allowed in the room.
- Send home a suggestion list of 'safe' snacks for the children to bring in.
- Wipe down all tables after snacks in the room.
- Ask all the other children to always wash their hands before and after snack.
- Talk with school nurse about emergency procedures that may be necessary.
- Find out who is CPR trained in your school
- Learn how to use the EpiPen.
- Arrange a meeting over the summer with the family of the peanut allergic child.
- Read books to the class the first week of school on peanut allergies (Most families with the allergy could probably supply you with the books).
- Show movies to the class early in the year about peanut allergies (Most families with the allergy could probably supply you with the videos).
- Try to go to workshops dealing with the allergy.
- Have an action plan in place with a substitute teacher in case you are absent.
- Make safe arrangements during class parties, birthdays, and class trips for the peanut allergic child.
- Always have the parents' emergency phone numbers close by in a safe place.
- Keep an open line of communication with the parents. Call periodically to let them know what precautions are being made.
- Talk to the school staff at a faculty meeting about the severity of the child's peanut allergy.
- Discuss with the principal and parents a safe lunch room policy for the child.
- "When in doubt, send them out." If the peanut allergic child shows any symptoms of an attack such as difficulty breathing, lethargy, redness in the face, or swelling in the nose or mouth area -- call 9-1-1. For mild rash or itchiness, contact parent.