

Allergy (and anaphylaxis) aware

Checklist for education and children's services

First aid

- Staff are trained in **first aid** (Basic Emergency Life Support – DECS BELS) including anaphylaxis first aid using prescribed adrenalin via Epi-pen®
- **First aid protocols ensure safe secure storage and immediate access** to a child/student's Epi-Pen®, and other first aid equipment. Storage needs to ensure Epi-pen® will remain at the correct temperature
- **First aid protocols encourage self management** while acknowledging that staff are responsible for managing first aid emergencies.

Planning for safety

- Every child/student with anaphylaxis has a care plan and MedicAlert registration
- Every child/student/adult with anaphylaxis has an agreed **worksite support plan**. This reflects the ages and stage of development of the child, and the nature of the service, and includes planning for:
 - informing all relevant staff including all relieving teachers
 - camps and excursions
 - special programs such as swimming, sports days and visiting presenters/programs
 - movement between services, for example between school and out of schools hours care
 - evacuation and invacuation
 - class activities such as **craft** where exposure to egg and milk cartons, seeds, play dough (chocolate essence) and egg shells may occur
- **Parents** are responsible for providing the care plan and any medication and ensuring that medication provided has a current expiry date
- **Parents and families** of children with a care plan are included in, but not ultimately responsible for, worksite education and planning for their child
- Care and support planning is **reviewed routinely** (for example at times of parent/family-teacher interviews) and always at times of transition (home → childcare → preschool → new school)
- Staff and children/students **understand and apply allergy aware practices** Families of children with anaphylaxis can contribute to planning for cooking lessons, class parties etc
- **All families** in the pre/school community are regularly informed about allergy aware policy and practice in education and children's services
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Food allergy

- Everyone is encouraged to **wash their hands** before and after eating Note: Some students may require non-soap based washes, eg those with eczema
- Food is **not given as a reward/treat**
- Children **do not share or swap food**, unless under supervision (for example special events, as pre-arranged and agreed with the family)
- Food and nutrition education incorporates **education about food allergy** and any practical activities are planned with **an assumption that some participants have a food-related allergy**
- **Food should not be supplied** to children with anaphylaxis unless pre-arranged and agreed with the family. It is assumed any product might have traces of nut or other food allergy ingredients unless confirmed otherwise
- Food preparation follows standard precautions to avoid **cross contamination**. People preparing food (including volunteers, teachers, canteen helpers) need advice on strategies to ensure that food is not cross contaminated
- **Planning camps and excursions** takes into account food supply services, including discussing the full menu with families (including product details)
- Be aware of using food as a **fundraising** exercise, eg supplying chocolates to all students in the school to sell
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Messages adapted from

be a MATE: Make Allergy Treatment Easier

- **Take food allergies seriously**
- **Know what your friends are allergic to**
- **Don't share your food/drink with friends who have food allergies**
- **Don't pressure your friends to eat/drink something**
- **Use your "bullying no way" strategies if you see anyone being bullied, including someone being bullied about their allergies**
- **Get adult help immediately if your friend feels sick, especially after eating something.**

Allergy Australia Inc www.allergyfacts.org.au

(adapted with permission from the *Be A Pal* programme developed by The Food Allergy and Anaphylaxis Network www.foodallergy.org)