



Uraidla and Hi Allergy Aware Policy

Allergies in Early Childhood

Although allergic reactions are common in young children, severe life-threatening reactions are uncommon and deaths are rare.

Foods are the most common cause of allergies in infants and young children. Food allergies may become evident during the first 12 months when a child is given a food for the first time.

This policy is designed to ensure a safe environment for all children who have allergic reactions and applies to all children and families attending Uraidla and Hills Community Kindergarten.

When a child attends the kindergarten with known anaphylactic allergies all preschool families will be made aware of the allergy and will be asked to not provide that food at all in children's lunch or snack boxes. The name of the child and their family will remain confidential.

Nuts at Kindergarten

Nuts are not an appropriate food type for preschool children as their oesophagus has not developed enough to consume this food. Many children at this age are being introduced to nuts and reactions may not yet be known. Mild reactions to nuts can be quite common. With this in mind and to avoid potential choking hazards we ask that no nut products be sent, consumed or purchased for use within the Centre.

Please be aware that this includes:-

- * Peanut Butter in any form e.g. sandwiches/dippers
- * Nutella or Nutella products
- * Other obvious nut products including loose nuts or muesli bars containing nuts
- * Any product which states "contains nuts" on the packaging

What is Anaphylaxis?

Anaphylaxis is a severe and sudden allergic reaction. It occurs when a susceptible person is exposed to a specific allergen (such as a food or insect sting). Reactions usually begin within minutes of exposure and can progress rapidly over a period of up



to two hours or more. Anaphylaxis is potentially life threatening and always requires an emergency response.

Anaphylaxis may be triggered by food allergens. Other substances that can trigger severe allergic reactions include medications (especially antibiotics), bee and other insect stings.

The Epipen Auto-Injector

The Epipen is an auto injector that delivers a single dose of adrenaline into the muscle of the outer thigh. There are two dosage sizes - the Epipen, and the Epipen Jr. The Epipen Junior is for children weighing between 10kg and 20kg. It is the responsibility of the parent/carer to provide an Epipen if their child has been medically diagnosed to be at risk of anaphylaxis. Medical advice is that any child who has been diagnosed as requiring an Epipen should not attend the Centre unless an Epipen is provided by the child's parent/carer.

Parent Responsibilities

Parents/Caregivers need to notify the Kindergarten Staff if your child is at risk of any allergic or anaphylactic reaction either at the time of enrolment or as soon as possible after a diagnosis is made.

Parents are responsible for providing indate and named medication to the kindergarten.

If your child has been identified of being at risk of an allergic or anaphylactic reaction we will work with you to:

Complete an individual Health Care Plan including:

- Clear identification of the child (photo displayed)
- Documentation of the known triggers
- Documentation of the first aid response including any prescribed medication
- Identification and contact details of the doctor who has signed the action plan.
- Provide up-to-date information on changes to allergies or medications

Staff Responsibilities

- Obtaining medical information/Health Care Plan for those children at risk
- Displaying child's photograph labelled with identified allergen
- Maintaining up-to-date relevant First Aid and Anaphylaxis Training at all times
- Thorough supervision of all eating routines
- Enforce "no sharing" of food
- Maintain high standards of hygiene
- Enforce specific "allergen free" policies relevant to the child's allergy for the duration of that child's attendance at the Centre
- Continuing age appropriate education of children with severe allergies with the aim of positive long-term self-management

Thank you for your cooperation in helping to make Uraidiла and Hills Community Kindergarten a safe place for all children.

This policy was ratified by Governing Council in 2019 and will be reviewed in 2021 and as required if earlier.