



CCEI119: Food Allergies in the Early Care Setting Handout

Welcome to CCEI119

This course provides an overview of food allergies and basic food allergy safety principles to employ in the early care setting. Upon completion of this course, participants will be able to identify the occurrence of food allergies in the United States, identify the program's responsibility to provide a safe environment for children and staff who suffer from food allergies, identify the major food allergens, identify contact and airborne sensitivity, list the theories associated with the rise in food allergies, identify the importance of food labeling and packaging and define epinephrine.

Objectives:

By taking notes on the handout and successfully answering assessment questions, participants will meet the following objectives as a result of taking this course:

- Identify recommended information to include in a child's medical file
- Identify the major food allergens
- Define *contact-sensitive* and *airborne sensitive* as they related to food allergies
- Identify *strict avoidance* as the only effective way to prevent allergic reactions
- Identify causes of *cross-contamination* as it relates to food allergens
- Identify proper policies and procedures for storing foods at the program
- Identify causes of *non-typical* contact with allergens
- Identify safe practices for staff, children, and parents to follow to minimize the risk of allergic reactions
- Identify signs, symptoms, and recommended medical procedures for responding to allergic reactions

References:

1. American Academy of Pediatrics, American Public Health Association, & National Resource Center for Health and Safety in Child Care and Early Education. (2019). *Caring for Our Children: National Health and Safety Performance Standards Guidelines for Early Care and Education Programs, 4th edition*. Retrieved from <https://nrckids.org/files/CFO4%20pdf-%20FINAL.pdf>
2. American Academy of Pediatrics. (2020) "Common Food Allergies." Retrieved from <https://healthychildren.org/English/healthy-living/nutrition/Pages/Common-Food-Allergies.aspx>
3. American Academy of Pediatrics. (2019). "How to Use an Epinephrine Auto-Injector." Retrieved from <https://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/How-to-Use-an-Epinephrine-Auto-Injector.aspx>
4. Centers for Disease Control and Prevention (CDC). (2020). Retrieved from <https://www.cdc.gov/healthyschools/foodallergies/>
5. Marotz, L. (2018). *Health, Safety, and Nutrition for the Young Child, 10th edition*. Cengage Learning.
6. Herr, J. (2020). *Working with Young Children, 9th edition*. Goodheart-Willcox.
7. Goodman, B. (2011). "Food Allergies in Kids More Common Than Thought." Retrieved from <https://www.webmd.com/children/news/20110620/food-allergies-in-kids-more-common-than-thought>
8. Houle C., Leo H., & Clark N. (2010). "A Developmental, Community, and Psychosocial Approach to Food Allergies in Children." *Current Allergy and Asthma Reports*. Retrieved from

https://www.researchgate.net/publication/44594057_A_Developmental_Community_and_Psychosocial_Approach_to_Food_Allergies_in_Children

9. Leo, H. & Clark N. (2007). "Managing children with food allergies in childcare and school." Current Allergy and Asthma Reports. Retrieved from <https://pubmed.ncbi.nlm.nih.gov/17448329/>
10. MedLine Plus. (2021). "CPR - young child (age 1 year to onset of puberty)." Retrieved from <https://medlineplus.gov/ency/article/000012.htm>

Program Policies and Procedures

Director's responsibility:

Medical file for each child

Parent handbook

Food Allergy Basics

Allergen:

Rising Food Allergy Rates

The Hygiene Theory:

Detection Bias Theory:

Nine Major Food Allergens:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

Food Allergen Sensitivity

Contact sensitive:

Airborne sensitive:

Recommended Practices for Avoiding Accidental Exposure to Food Allergens

Strict Avoidance:

Cross contamination:

Food Labeling

Non-Typical Contact with Allergens in the Program

Allergens and Special School Events:

Maintaining an Allergen Safe Child Care Environment

Allergic Reactions

Anaphylaxis

Symptoms of an allergic reaction typically appear _____ after a person has eaten or come in contact with the allergen.

The Signs of an Allergic Reaction

Symptoms of an allergic reaction include:

A child may describe an allergic reaction as:

A child may react by:

Treatment of Allergic Reactions

Epinephrine:

How to Use an EpiPen on a Child

[HealthyChildren.org](https://www.healthychildren.org) recommends the following steps for administering an Epinephrine Auto-Injector:

1. Take the epinephrine auto-injector out of its package.
2. Remove the blue safety cap.
3. Hold the auto-injector in your fist. The needle comes out of the orange end, so be careful not to hold your hand over the end.
4. Push the end with the needle firmly against the side of the child's thigh, about halfway between the hip and knee. Inject the medicine into the fleshy outer portion of the thigh. Do not inject into a vein or the buttocks.
5. You can give the injection through clothes or on bare skin.
6. Hold the auto-injector in place until all the medicine is injected, usually no more than 3 seconds.
7. Remove the needle by pulling the pen straight out. A protective shield will cover the needle as soon as it is removed from the thigh. Put the injector back into its safety tube. Give it to EMS when they arrive.
8. Massage the area after the injection.

For more information on using an Auvi-Q or Adrenaclick, check out this [article](#). Additionally, [here](#) is a printable that you can keep around as a helpful resource.

Emergency Procedures if a Child Is Found Unresponsive



MANAGING FOOD ALLERGIES IN SCHOOLS

The Role of School Teachers and Paraeducators



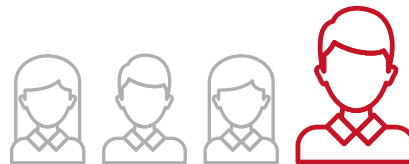
OVERVIEW

The Centers for Disease Control and Prevention (CDC) published *Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs*, (<https://www.cdc.gov/healthyschools/foodallergies/>) to help schools manage the risk of food allergies and severe allergic reactions in students. As a school teacher, specialist, paraeducator, student teacher, substitute teacher, classroom aide, or classroom volunteer, you will need to know how to help students with food allergies be safe and supported at school.



DID YOU KNOW?

- ▶ A food allergy is an adverse immune system reaction that occurs soon after exposure to a certain food.
- ▶ In a typical classroom of 25 students, at least two students are likely to be affected by food allergies, and for reasons that are not completely understood, the number of children with food allergies is increasing.^{1,2}
- ▶ About 20% of students with food allergies (1 of 5) will have a reaction while at school.³



Food allergy reactions can be unpredictable. About 1 of 4 students who have a severe and potentially life-threatening reaction at school have no previous known food allergy.^{4,5}



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion
Division of Population Health



WHAT CAN YOU DO?

✓ Participate in your school's planning for managing food allergies.

- ▶ Know your school district's food allergy policies and practices and your school's Food Allergy Management and Prevention Plan.
- ▶ Help develop and carry out Section 504 and Individualized Education Program (IEP) plans as needed for students with food allergies.

✓ Get trained and help manage food allergies at your school.

- ▶ Participate in school-based training and review resources to help recognize the signs and symptoms of food allergies and how to respond in an emergency. (<https://www.cdc.gov/healthyschools/foodallergies/>)
- ▶ Ask the school nurse or school administrator for information on current policies and practices for managing students with food allergies, including which students in your classroom have known food allergies, how to manage medications, and how to respond to a food allergy reaction.
- ▶ Keep copies of emergency care plans for your students in a secure place that you and substitute teachers can get to easily in an emergency.
- ▶ With parental consent, share information and responsibilities with substitute teachers and other adults who regularly work in the classroom.
- ▶ Work with parents, school administrators, and other school staff to prevent bullying and discrimination against students with food allergies and report all cases of bullying to parents and the school administrator.⁶⁻⁷

✓ Prepare for and respond to food allergy emergencies.

- ▶ Anaphylaxis is a severe allergic reaction that is rapid in onset and may cause death.
- ▶ Do not send a student with a suspected allergic reaction to the school nurse alone.
- ▶ The recommended treatment for anaphylaxis is the prompt use of an injectable medication called epinephrine.

- ▶ If you suspect a severe food allergy reaction, or anaphylaxis, take immediate action including activating the student's emergency plan and be ready to administer an epinephrine auto-injector, if you are a delegated and trained staff member.³⁻⁵
- ▶ Call the emergency medical system (911) immediately after administering the epinephrine auto-injector.
- ▶ Immediately contact the school administrator and school nurse after any suspected allergic reaction or exposure to a known allergen.

✓ Help prevent food allergy emergencies.

- ▶ Work with parents, school nurse, and other appropriate school personnel to determine if any classroom modifications are needed to make sure students with food allergies can participate fully in class activities.
- ▶ Inform parents and the school nurse before any activities in the classroom that may include food or known allergens.

✓ Create and maintain a healthy and safe classroom and school environment.

- ▶ Follow school district rules and practices for dealing with food allergies.
- ▶ Review rules with students and parents.
- ▶ Avoid using allergens in classroom activities, including arts and crafts, counting, science projects, parties, holiday and celebration treats, or cooking.
- ▶ Use nonfood items for celebrations, rewards or incentives, such as special privileges, extra recess, and small non-food prizes. Learn about some great nonfood reward ideas. (https://www.cdc.gov/healthyschools/npao/celebrations_rewards.htm)
- ▶ Ensure a safe eating environment for students by providing supervision in the cafeteria, when meals or snacks are served in the classroom, on field trips, and during extracurricular activities.
 - Enforce hand washing before and after eating.
 - Clean surfaces to prevent cross-contact of allergens when meals or snacks are served in the classroom.
 - Do not allow students to trade or share food.



Prepare for field trips

Use this checklist to remember important actions to take before every field trip:

- ❑ Determine if the field trip location is safe for students with food allergies. Reschedule or cancel if accommodations cannot be made safe.
- ❑ Invite parents of students with food allergies to chaperone or go with their child on the field trip. Parents cannot be required to attend field trips with their child.
- ❑ Work ahead of time with school food service staff to plan safe meals and snacks for students with food allergies.
- ❑ Let the school nurse know ahead of time if you are going on a field trip.
- ❑ Take student emergency care plans, emergency contact information, and emergency medication with you on the field trip.
- ❑ Know where the nearest emergency medical facilities are located when at the field trip site.
- ❑ Work with the school nurse or school administrator to ensure a staff member is trained to administer emergency epinephrine attends the field trip. Only a trained staff member or parent of an individual student should carry and administer emergency medication on field trips. In some circumstances, a student may also be authorized to carry their own epinephrine.
- ❑ If a food allergy emergency occurs, follow the student's emergency care plan and notify parents, school administrator, and school nurse.
- ❑ Make sure your phone is charged so you can respond quickly during an emergency.
- ❑ Return medication immediately after the field trip to the school nurse or staff member responsible for student medication management.

Learn to recognize food allergy symptoms in children

Food allergy symptoms can include

- ▶ swollen lips, tongue, or eyes;
- ▶ itchiness, rash, or hives;
- ▶ nausea, vomiting, or diarrhea;
- ▶ congestion, hoarse voice, or trouble swallowing;
- ▶ wheezing or difficulty breathing; dizziness, fainting, or loss of consciousness;
- ▶ and mood change or confusion.

Children with food allergies might communicate their symptoms in the following ways:

- ▶ It feels like something is poking my tongue.
- ▶ My tongue (or mouth) is tingling (or burning).
- ▶ My tongue (or mouth) itches.
- ▶ 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 or throat.



RESOURCES

Centers for Disease Control and Prevention. Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs. 2013. Available at:

<https://www.cdc.gov/healthyschools/foodallergies/index.htm>

Food Allergy Resource and Education (FARE). Available at:

<https://www.foodallergy.org/resources/getting-started-school>

National Association of School Nurse (NASN), Allergies and Anaphylaxis. Available at:

<https://www.nasn.org/nasn/nasn-resources/practice-topics/allergies-anaphylaxis>



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1. Gupta RS, Warren CM, Smith BM, Blumenstock JA, Jiang J, Davis MM, Nadeau KC. The public health impact of parent-reported childhood food allergies in the United States. *Pediatrics*. 2018;142(6):e20181235.
2. Tang ML, Mullins RJ. Food Allergy: is prevalence increasing? *Intern Med J*. 2017;47(3):256-261pmid:28260260.
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