

# Food allergy in schools and nurseries

## Information for patients, parents and guardians

Most schools and nurseries have systems in place to help children with food allergies. If your child has been diagnosed with a food allergy, you should organise a meeting with the teaching staff and the school nurse as soon as possible. Here are some tips to make sure that both you and the school know what is needed.

### Training of school staff

- Staff should be aware of which foods may cause a reaction and how to avoid those foods.
- Staff should be able to recognise an allergic reaction if it happens and know how to treat it.
- It is recommended that key members of staff should be trained to use an adrenaline auto injector in an emergency.

### Written instructions

We will provide you with an allergy action plan for your child to give to their school. It will contain clear details about your child and their allergies, including:

- details of known allergies
- details of what foods your child needs to avoid
- specific details about rescue medicines to be given if your child has an allergic reaction
- written authority from parents for school staff to administer treatment
- emergency contact numbers for parents or guardians

### Allergy first aid kit kept in school

- Allergy action plan
- Antihistamine
- Adrenaline auto injector
- Salbutamol inhaler and spacer (where prescribed)

It is the responsibility of parents and guardians to make sure all the medicines are in date.

Emergency medication must be taken with your child on all school outings.

### Primary schools and nurseries

Emergency medication should be kept safely in a central, accessible place, so that it can be collected immediately in an emergency.

### Secondary schools

Students may carry their antihistamine and adrenaline auto injectors with them in their school bag.

The school should also hold an adrenaline auto injector. Some schools are choosing to opt in to the Spare Pens in Schools initiative. For more information, please visit [www.sparepensinschools.uk](http://www.sparepensinschools.uk)

### **Food technology lessons**

Whenever the planned school curriculum involves cookery or experimentation with food items, we suggest that a discussion between the school and parents should be held before the lesson to agree safety measures and suitable alternatives (if needed).

### **How to use your child's adrenaline auto injector**

At the beginning of each school term, we recommend that you, your family and the school staff:

- refresh your skills
- practice with the auto injector trainer device

### **Be prepared**

Your child should carry their rescue medicines (antihistamine and adrenaline auto injectors) with them at all times. Make sure your child's friends, family and school know what to do if they have an allergic reaction.

### **Contact us**

If you have any questions or concerns, please contact our children's allergy team.

Clinic

Telephone: **023 8120 4335**

Allergy nurses

Telephone: **07557 214836**

Day ward

Telephone: **023 8120 4511**

Email: [childrensallergy@uhs.nhs.uk](mailto:childrensallergy@uhs.nhs.uk)

Website: [www.uhs.nhs.uk/childrensallergy](http://www.uhs.nhs.uk/childrensallergy)

### **Useful links**

Anaphylaxis campaign: [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

Spare Pens in Schools initiative: [www.sparepensinschools.uk](http://www.sparepensinschools.uk)

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **023 8120 4688**.

For help preparing for your visit, arranging an interpreter or accessing the hospital please visit [www.uhs.nhs.uk/additionalneeds](http://www.uhs.nhs.uk/additionalneeds)

[www.uhs.nhs.uk/childrenshospital](http://www.uhs.nhs.uk/childrenshospital)

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