

The Role of the Parents/Guardians

1. The parent or guardian of the pupil shall provide to the school nurse:
 - Written diagnosis and allergy history from the physician or advanced practice nurse caring for the pupil.
 - Written orders from the physician or advanced practice nurse that the pupil requires administration of medication for allergic reaction and/or anaphylaxis. The orders must include the name of the medication, the dosage of the medication and under what conditions to administer the medication. The physician must also provide any additional instructions, special precautions and possible side effects. This required form shall be provided by the school nurse.
 - The medication ordered by the physician must be labeled according to pharmacy standards and in the original container and brought to school by the parent. If epinephrine via pre-filled auto-injector is ordered, a twin pack must be provided to the school so back-up epinephrine is available.
 - Replace all medication after use or upon expiration.
 - A medical statement signed by their physician or advanced practice nurse stating the foods that must be omitted from the diet and what substitutions can be made. This required form shall be provided by the school nurse.
2. The parent shall be available to meet with the nurse to develop an individualized health care plan, including an emergency plan (Food Allergy Medical Alert), for their child using the team approach. This meeting should include the student depending on age and maturity level.
3. It is recommended that the parent/guardian pack or provide daily lunch/snack. This will insure that only foods that the child may safely eat are consumed at lunch and snack time. *Note:* If the student participates in the subsidized school breakfast/lunch program, substitutions will be made by Food Service utilizing the information obtained through the physician's medical statement. This medical statement is required if substitutions are needed. If the parent purchases the school lunch unsubsidized, the parent must provide lunch on the days that the school lunch menu contains the food allergen.
4. The parent/guardian or parent designee shall be available at all times during school hours and during all school-sponsored functions in case of emergency or questions. Any changes in emergency information or contacts must be reported to the nurse immediately.
5. The parent/guardian will consult with the nurse regarding an informational letter to be sent home to all parents/guardians of students in his/her child's class.
6. The parent will make every effort to be available to attend class trips / activities held off the school grounds. The school nurse and/or teacher will notify the parent of the date of the activity in a timely manner so the parent may plan their schedule accordingly.

7. The parent/guardian must educate the child in the self-management of their food allergy including:
 - Safe and unsafe foods
 - Strategies for avoiding exposure to unsafe foods
 - How to read a food label (age appropriate)
 - Symptoms of an allergic reaction
 - How and when to tell an adult they may be having an allergy-related problem
 - Reinforce self-administration guidelines with their child where applicable

8. The parent/guardian will consult with the nurse regarding delegation of administration of an epinephrine via a pre-filled auto-injector mechanism following The Emergency Administration of Epinephrine Policy (5141.21).