



ALLERGY FACT SHEET

Central Dauphin School District is committed to providing a safe and healthy environment for students with food allergies and has established policies to reduce the likelihood of severe or potentially life-threatening allergic reactions, ensure a rapid and effective response in the case of a reaction, and provide accommodations when necessary to allow full participation in school programs and activities.

ESSENTIAL MANAGEMENT & SAFETY

What are the most common food allergies?

The "Top 9" include milk, egg, peanut, tree nuts, fish, shellfish, wheat, soy, and sesame.

How do I manage this daily?

Create an Emergency Action Plan with your doctor, read every label, avoid cross-contamination, and ensure your child always has their epinephrine auto-injector.

What are the symptoms of a reaction?

Symptoms can include hives, vomiting, diarrhea, swelling of the throat/tongue, difficulty breathing, and dizziness.

When should I use epinephrine?

Use the auto-injector immediately if you suspect a severe, rapid reaction (anaphylaxis).

How can I avoid cross-contamination?

Thoroughly wash surfaces, utensils, and hands. Avoid shared food items or "buffet-style" eating.

SCHOOL

How do I handle school?

Provide doctor's orders and an emergency care plan to the school.

How do I handle parties?

Communicate with the teacher beforehand, bring safe snacks for your child, and educate them on not swapping food.

AFTER-SCHOOL ACTIVITIES

What about after-school activities?

In after-school activities, parent responsibilities for food allergy management include:

- **Communicating with Coaches and Leaders:** Ensure they are aware of the child's allergies and the potential severity of reactions. Provide them with a detailed action plan, including symptoms to watch for and steps to take in an emergency.
- **Supplying Safe Snacks:** Provide allergy-friendly snacks to avoid accidental exposure to allergens.
- **Encouraging Kids to Speak Up:** Empower children to ask questions about ingredients and refuse food if unsure.
- **Choosing Activities Wisely:** Select activities that pose lower risks and encourage the organization to adopt allergy-friendly practices.
- **Fostering Independence:** Gradually teach children to manage their allergies independently, including recognizing symptoms and knowing when to seek help.
- By following these guidelines, children with food allergies can participate safely and fully in after school activities and booster clubs, ensuring a safe and inclusive environment for all.