

## HERITAGE CHRISTIAN SCHOOL

### LIFE THREATENING ALLERGY GUIDELINES

These guidelines are written for students who have a history of anaphylaxis with resultant epinephrine administration or have been given an epinephrine prescription by their physician. While all allergic reactions have the potential to be serious, it is the intent of these guidelines to focus on allergies that are known to have a higher risk. These guidelines may need to be modified in the secondary school setting due to age and developmental level of the student.

#### **Family responsibility:**

- Notify the school of the child's life threatening allergies (food, insect, medication, latex, other)
- Provide written medical documentation, instructions and medications as directed by a physician. The allergy emergency health care plan (AEHCP) must be completed and signed by the parent/guardian. The HCS medication policy and Indiana state law will be followed at all times.
- Provide and update emergency contact information.
- Information must be updated each year.
- Is it the responsibility of the parent/guardian to provide the school with the necessary medications. All medications must be in the original container with original pharmacy label per HCS policy.
- Educate your child in the self-management of their allergy:
  - Safe and unsafe foods
  - Strategies to avoid exposure to allergens
  - Symptoms of allergic reactions
  - How and when to tell an adult they may be having an allergy-related problem
  - How and when to take medications for an allergic reaction (age appropriate)
  - How to read food labels (age appropriate)
  - To carry their own emergency medications and a copy of their AEHCP with them (age appropriate). The Consent to Carry emergency medication form must be completed by the physician, parent and student each year. A back up supply of medications must be provided to the school.

**Student's Responsibility:**

- If food allergen: to not trade food with others
- To not eat anything with unknown ingredients or known to contain any allergen
- Participate in the care and management of their allergies and reactions based on the developmental level.
- Notify an adult immediately if they eat something they believe may contain the food they are allergic to or come in contact with their allergen.
- Notify an adult if they are being teased or threatened by other students as it relates to their allergy.

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