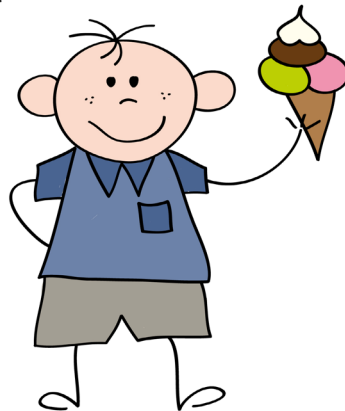


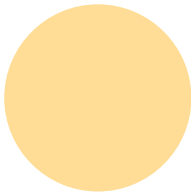
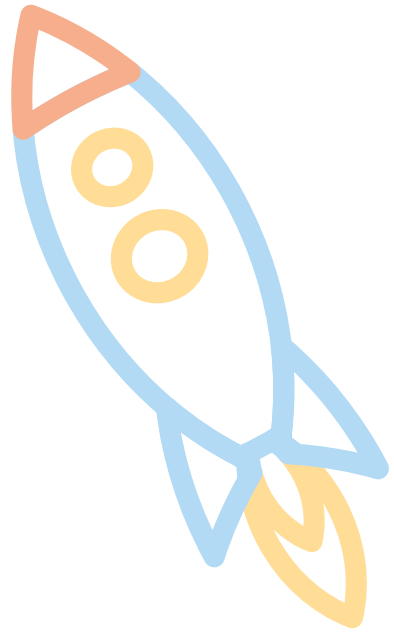
# Food allergy in nursery and school

Information for patients and carers



Leeds children's  
hospital

caring about children



Most schools and nurseries have good systems in place to help children with food allergies. Here are some tips to ensure that both you and the school know what is needed.

If your child has been diagnosed with food allergy, you should organise a meeting with the head teacher and the school nurse as soon as possible. You will need to discuss:

### **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 occurs and know how to treat it.

If your child has been prescribed an adrenaline auto-injector, it is recommended that key members of staff for each child should be trained to use an adrenaline auto-injector (e.g. EpiPen) in an emergency.

School nurses in Leeds receive appropriate in allergy management and use of an adrenaline auto-injector training, and will be able to support school staff.

## Written instructions

We can provide your child with an **Allergy Action Plan** for the nursery or school with clear details about your child and his or her allergies. It will include:

- details of known allergies or food(s) your child avoids;
- specific details about rescue medicines to be given in the event of an allergic reaction; and
- emergency contact numbers for parents / carers.

## Treatment pack kept in school

We suggest that you put together a treatment pack for your child. It is useful to put this in a clear plastic container.

The lid should be clearly labelled with the child's name and the words "**Emergency Kit**" and contain:

- Allergy Management Plan
- Antihistamine
- Adrenaline auto-injector(s) (if prescribed)
- Salbutamol inhaler and spacer (if prescribed)

It is parent's responsibility to ensure all the medicines are in date. This treatment pack must accompany your child on all school outings.

## Where to keep rescue medication

### Primary schools and nurseries

Treatment packs should be kept safely in a central, accessible place from which it can be collected at short notice (e.g. the child's classroom or school office). It should be in a unlocked cupboard but out of the reach of children.

### Secondary schools

Children should carry their antihistamine and adrenaline auto-injectors with them in their school bag.

We suggest the adrenaline auto-injectors should be protected in a rigid container and clearly labelled with the child's name.

The school may also hold an adrenaline auto-injector in reserve if more than one has been prescribed.

### Food technology lessons

If the planned school curriculum involves cookery or experimentation with food items your child is allergic to, we suggest that before the lesson, discussions should be held between the school and parents to agree safety measures and suitable alternatives, if required.

## How to use your adrenaline auto-injector

We recommend that you and your family refresh your skills on a regular basis; practice with your adrenaline auto-injector trainer. This could be done at the beginning of each school term.

**Remember** - Be prepared. Have the rescue medicines (antihistamine and adrenaline auto-injector) readily available at all times!

Make sure your friends and family know what to do to manage an allergic reaction.

## If you have any questions or concerns, please contact:

### Children's Allergy Nurses

Telephone: **(0113) 3920681**

Email: **[leedsth-tr.allergy@nhs.net](mailto:leedsth-tr.allergy@nhs.net)**

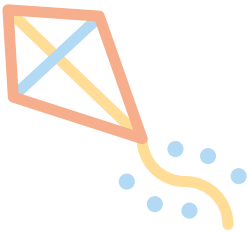
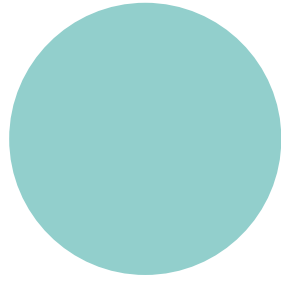
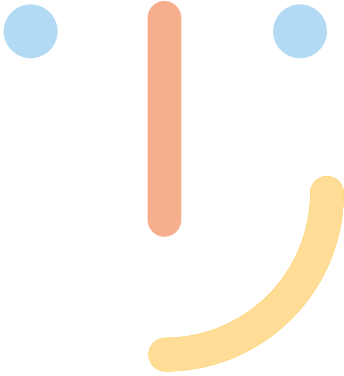
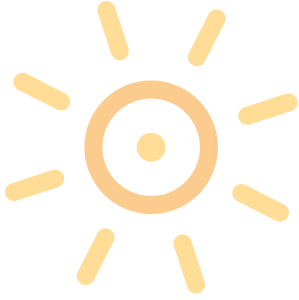
Webpage:

**[www.leedsth.nhs.uk/a-z-of-services/childrens-allergy-service/](http://www.leedsth.nhs.uk/a-z-of-services/childrens-allergy-service/)**

## Further information:

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

**Allergy UK:** **[www.allergyuk.org](http://www.allergyuk.org)**





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Developed by: Brenda DeWitt, Children's Allergy / Immunology Nurse Specialist  
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