



Food Allergy Alert for Substitute Teachers

1. Elementary classroom teacher folders will contain those students in the classroom that have severe food or other potentially life threatening allergy.
2. As part of the substitute folder there will be information on how to respond to an allergic reaction.
3. As part of the substitute folder there will be information on how to contact school nurse and/or office in the event of an allergic reaction.
4. A sign/notice will be placed on the door outside of the classroom indicating foods that are not permitted within the classroom.
5. Students are not allowed to share food.
6. Staff and students are to wash with soap and water after eating.

Signs and symptoms of an allergic reaction may include any of the following:

MILD SYMPTOMS:

Mild Skin Reactions- Hives only in the areas of food contact, itching and swelling only around the face and lips.

SERIOUS SYMPTOMS:

SKIN – Wide spread hives and flushing, widespread swellings

MOUTH – Swelling of the tongue

THROAT – Itching, tightness in the throat, hoarseness, hacking cough

STOMACH – Nausea, vomiting, cramps, diarrhea

LUNGS – Repetitive coughing, wheezing, trouble breathing

HEART – Rapid heart rate, lightheadedness and dizziness

CALL 9-911 IF EPINEPHRINE AUTO-INJECTOR IS ADMINISTERED OR IF ANY SERIOUS SYMPTOMS ARE NOTICED. THE SEVERITY OF SYMPTOMS CAN QUICKLY CHANGE QUICKLY.

This medical information can be shared with staff “who need to know”.