

## Food Allergy Protocol

**Purpose:** Information regarding a child's food allergy, regardless of how the school or District receives it, shall be retained in the child's student records but may not be placed in the health record maintained for the child.

If the school receives documentation of a food allergy from a physician addressed to the Campus Nurse, that documentation shall be placed in the health record maintained for the child by the School District.

A registered nurse may enter appropriate notes about a child's possible food allergy in the health record maintained for the child by the District, including a notation that the child's student records indicate that a parent has notified the District of the child's possible food allergy...Education Code 25.022(d)-(f)...FL (Legal)

**Details:** A food allergy is an exaggerated immune system response to any food (most commonly milk, eggs, peanuts, tree nuts, soy, wheat, fish and shellfish, or some other specific food). Food intolerance is an adverse reaction to certain foods but does not involve the immune system. In a true food allergy, the immune system reacts to exposure to a certain food. This is caused by an allergic antibody called *IgE (immunoglobulin E)*, that is found in people with allergies. Symptoms may occur after that allergic individual consumes or is exposed to even a small amount of the food.

**Step 1:** Identify students with food allergies that are at risk for anaphylaxis.

**Step 2:** Ask the parent to provide the school nurse with the district's Special Diet Evaluation Form completed by a physician, doctor's orders, and a properly labeled medication container to be administered at school.

**Step 3:** Develop, implement, communicate, and monitor Emergency Care Plans, 504 plans, and/or Individualized Health Care Plans (IHP).

**Step 4:** Reduce the risk of exposure to allergens within the school setting by training staff on food allergies.

**Step 5:** An RN must train at least (2) principal-designated school staff on anaphylaxis signs and symptoms and emergency response to anaphylactic reaction.

**Step 6:** Discuss field trips with the student's parents and other appropriate personnel to decide appropriate strategies for managing the food allergy.

**Step 7:** Share student health information only on a need-to-know basis.

**Step 8:** Work with the district transportation administrator to assure that school bus driver training includes symptom(s) awareness and what to do if a reaction occurs.

Revised 7/25/2024