

# **Poway Unified School District Life-Threatening Allergy Guidelines For All Potential Anaphylactic Reactions**

## **Responsibilities of the Parent/Guardian of a Student with Life-Threatening Allergies**

1. Inform the school of your child's allergies.
2. Provide the school with the completed Allergy Packet including the Life-Threatening Allergy Plan (PUSD form # H-58) and state-required Medical Statement to Request Special Meals and/or Accommodations (CNP-925) signed by both parent and physician. Attach student photo to these forms and provide non-expired medication (Epinephrine auto-injector, antihistamine etc.) by the first day of school. Forms can be obtained from the school health office or downloaded from the PUSD Health Services Website.
3. Ensure that medication at school site is replaced in a timely manner prior to expiration.
4. Provide all food and snacks for your child unless you have approved the food either in person or in writing.
5. Communicate with the teacher regarding the level of supervision that will be provided for your child on field trips and off-campus activities.
6. Communicate with extracurricular staff (e.g. Coach, band director, chorus director etc.) to assure they are aware of your child's allergy and prepared to provide appropriate care in the event of an emergency during practice or at an off-campus event.
7. Assure that emergency medication and authorization is available for all field trips and off-campus activities, including sports events.
8. Review food services menu for potential allergens.
9. Pick up all medication at the end of the school year and transport it to summer school or ESS if applicable.
10. Contact school Resource Nurse with additional questions.
11. Consider providing a medic alert ID for your child.
12. Review "Teaching Your Child with Life-threatening Allergies" with your child frequently.

## **Teaching Your Child With Life-Threatening Allergies**

1. To recognize the first symptoms of an allergic reaction and to alert an adult immediately.
2. To communicate clearly when he/she feels a reaction starting.
3. To know where emergency medication is kept.
4. To consider wearing a medic alert bracelet.
5. To avoid sharing lunches, snacks and drinks.
6. To recognize the importance of eating food that only comes from home and not eating food from someone else unless approved by their parent/guardian.
7. To understand the importance of hand-washing, especially before and after meals.
8. To learn coping skills/strategies when not able to eat certain foods.
9. To be aware of the environment and potential risks and to take age-appropriate responsibility for his/her own safety.
10. To learn how to respond to questions and comments from others about their life-threatening allergies.
11. To report threats and bullying to an adult in authority.