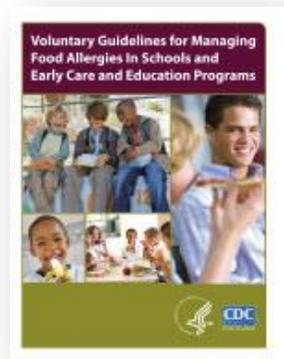


# Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs



## A Checklist for School Nurses

*The Voluntary Guidelines from the Centers for Disease Control and Prevention (CDC) provide valuable information for the school nurse to develop or enhance a comprehensive food allergy management program in their school community. The checklist below provides an overview on how to use this document and provide leadership in your individual practice of school nursing.*

- ❑ **Review the signs and symptoms of an allergic reaction to food** *Pages 17- 21*
  - ✓ Be prepared to share signs and symptoms with all faculty and staff
  - ✓ Go over risk factors for anaphylaxis and fatal food allergy reactions
  - ✓ Review treatment and use of epinephrine
- ❑ **Consider the three essential first steps to manage food allergies in school** *Pages 22 – 25*
  - ✓ Use a coordinated approach that is based on effective partnerships
  - ✓ Provide clear leadership to guide planning and ensure implementation of food allergy management plans and practices
  - ✓ Develop and implement a comprehensive plan for managing food allergies
- ❑ **Identify priorities for managing food allergies** *Pages 26 – 43*
  - ✓ Ensure the daily management of food allergies for individual children
  - ✓ Prepare for food allergy emergencies
  - ✓ Provide professional development on food allergies for staff
  - ✓ Educate children and family members about food allergies
  - ✓ Create and maintain a healthy and safe educational environment
- ❑ **Assess your school district's food allergy management program using the Food Allergy Management and Prevention Plan (FAMPP) Checklist** *Page 44*
- ❑ **Review and disseminate the Actions for School Boards and District Staff** *Pages 45 – 56*
  - ✓ Include School Board Members, School District Superintendent, Health Services Director, Student Support Services Director and District Food Service Director
- ❑ **Review and disseminate the Actions for School Administrators and Staff** *Pages 57 – 76*
  - ✓ Include School Administrator, Registered School Nurses, School Doctors, Health Assistants, Health Aides or Other Unlicensed Personnel, Classroom Teachers, School Food Service Managers and Staff, School Counselors and Other Mental Health Services Staff, Bus Drivers and School Transportation Staff and Facilities Maintenance Staff
- ❑ **Familiarize yourself with Federal Laws and Regulations** *Pages 86 – 90*
  - ✓ Section 504, Child Nutrition Programs, IDEA, FERPA
- ❑ **Be able to identify and refer families to Food Allergy Resources** *Pages 91 – 98*
  - ✓ Federal resources, federal laws, national non-governmental resources
  - ✓ Glossary of abbreviations and acronyms