

# BEACON LEARNING CENTRE ANAPHYLAXIS AND ALLERGIC REACTIONS POLICY

At Beacon Learning Centre, we do have children who have severe potentially life-threatening allergies. We do our utmost to be an allergy-safe environment.

## DEFINITION:

Anaphylaxis is a **severe life threatening form of allergic reaction**. Possible allergic symptoms are many (see below) and may rapidly lead to severe permanent injury, coma and/or death. There is no clinical method to predict the severity or progression of a reaction.

Foods such as peanuts, tree nuts, other nuts, fish, shellfish, eggs, milk, sesame, soy and wheat, insect stings from bees and wasps, and latex products and medications, are the most common allergens that produce anaphylaxis.

Anaphylaxis requires **immediate** first aid response and **immediate** medical intervention.

## ANAPHYLACTIC REACTION – POSSIBLE SYMPTOMS:

Face - itchiness, redness, swelling of face and tongue

Airway - trouble breathing, swallowing or speaking, coughing

Stomach - stomach pain, vomiting, diarrhea

Total Body - rash, itchiness, swelling, weakness, paleness, loss of consciousness

## OTHER SYMPTOMS MIGHT INCLUDE:

- Tightness in throat or chest
- Wheezing
- Dizziness
- Unsteadiness
- Rapid heartbeat
- Flushing and/or hives.

**Note:** Symptoms can occur in any combination and may be immediate or may develop over one to two hours. Initial symptoms could be deceptively mild.

## Identification of Children at Risk

- Parents/guardians of anaphylactic children are required to complete an 'Emergency Response Plan' for their child, and a 'Medication/Pharmaceutical Administration' form, which must be signed by the parent. They must also provide an 'Anaphylaxis Emergency Plan' form, which includes a photo of the child, symptoms to watch out for, contact information and action to be taken. This form has been signed by both the parent, and the physician. These forms will be posted in the child's classroom and put in the child's file in the office.
- If a child develops a new allergy to a food or substance, the parent/guardian will inform the centre in writing.

## Availability and Location of Epipens/Benadryl

- Benadryl will be kept in the medication box in the child's classroom. The appropriate forms as listed above, will be posted in the child's classroom. The Director will ensure that the medication has not expired, and will contact the parents one month before it is to expire.
- Epipens will always be kept in a bag on a hook in the child's classroom and then taken outside and carried by a teacher, when the class goes to the playground. The appropriate forms as listed above, will be posted in the child's classroom.
- If a child may require an Epipen in the case of an anaphylaxis reaction, that child will not be permitted to stay at the centre any day that their Epipen is not at the centre.

## During an Emergency (To be posted in each classroom)

- One adult stays with the child at all times.
- Another adult gets the Benadryl/Epipen, and the Emergency Response Plan information for that child.
- If Benadryl is the appropriate medication, the dosage outlined on the 'Medication/Pharmaceutical Administration' form is administered and the time is noted on the form.
- If an Epipen is the appropriate medication, it is administered at the first sign of reaction.
- **Before giving an injection, care should be taken to ensure that the needle end of the Epipen is administered. The blue safety cap is removed by pulling straight up.**

- **Firmly push orange tip against outer thigh so it ‘clicks’ and HOLD on the outer side of the thigh for several seconds to deliver drug.**
- The use of an EpiPen for a potentially life-threatening allergic reaction will not harm a normally healthy child, if epinephrine (EpiPen) was not required. Time of administration is noted on the Medication form.
- Call 911. Have the child transported to the Emergency Room of a hospital, even if the symptoms have subsided. Symptoms may recur hours after exposure to an allergen. The used EpiPen, Emergency Response Plan forms, OHIP number and Emergency Contact Information should go to the hospital with the child.
- A calm and familiar adult must stay with the child until a parent/guardian arrives.
- Call the child’s parents to meet their child at the hospital.

### Training

- All teachers on contract will attend an annual training workshop on anaphylaxis management and crisis intervention. Teachers will have the opportunity to practice using an EpiPen Trainer.
- Should staff change at any time throughout the year, it is the responsibility of the Director to inform and provide training for new staff member(s) and supply teachers.
- Teachers, Co-op students and ECE students are required to review all parts of this policy and sign and date it to indicate that they have read and understood it before starting to work at BLC.
- Teachers, Supply Teachers, Co-op students and ECE students are required to read the ‘Emergency Response Plan, the ‘Anaphylaxis Emergency Plan’ form and the ‘Medication/Pharmaceutical Administration’ form of any anaphylactic child in their program before they start working in that program. After reading these forms, they will sign on the “sign off” form that is posted in the classroom.

### Strategies for Reducing the Risk of Accidental Exposure to Allergens

- All children in the centre will be instructed to wash their hands before and after eating, not to share food or utensils, and to place food on a napkin rather than on the table.
- All parents/guardians receive information regarding our nut-free policy in their child’s registration package. They must sign to indicate that they have read

and agree to follow this policy. The information is also in “The Parent’s Handbook”.

- Prior to sending in any birthday or special event treats, parents will speak with their child’s teacher a few days in advance, to determine if the treat is safe for all of the children in the class.

