

SCHOOL ALLERGY SAFETY

Allergies seem to be more prevalent as time goes on. There are several types of allergic reactions. Some allergies cause an immediate reaction. Others can be more delayed. Immediate or delayed, there are many triggers for allergic reactions. Examples of environmental triggers are trees, grass and bee stings. There are many food allergies which are cause for concern in the schools as well.

Food allergies can occur after swallowing the offending food item, or sometimes just touching the food item is enough to cause a significant allergic reaction. Common food allergens/triggers are peanuts, tree nuts, milk, eggs, wheat, soy and fish.

There are varying degrees of reactions. Some students may only develop an itchy rash after exposure to something they are allergic to, while others may have very severe reactions involving several body systems at once. In addition to rash, more severe reactions can produce breathing problems and sudden low blood pressure, which can be life threatening.

To assure the safety and promote the good health of the entire student population, we are asking for your assistance in providing a more allergy friendly environment in the schools.

You can help by following these few suggestions.

1. Please inform the building staff (School Nurse, Administrator, Teachers, and Lunch Aides) of your child's allergies, triggers, and type of reaction seen with exposure to triggers.
2. Talk to your children about how it is best **NOT** to trade or share their lunch, snacks, utensils and containers with their classmates.
3. If you are sending in any snacks for the entire class, please do not send in anything with peanuts or tree nuts, and include an ingredient list for review.
4. Also, a peanut and tree nut free lunch table is available in the elementary schools. Please contact your school nurse and he/she will make the arrangements.

Thank you,

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