



Managing Food Allergies in Schools

The Role of School Transportation Staff



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

National Center for Chronic Disease Prevention and Health Promotion
Division of Population Health



Objectives



- Describe the symptoms of food allergies and life-threatening reactions.
- Identify three ways to prepare for and respond to food allergy emergencies on the school bus.
- Identify three ways to support safe school buses for students with food allergies.

Overview

- The guidelines can help schools manage the risk of food allergies and severe allergic reactions in students.
- School bus drivers and transportation staff can help keep students with food allergies safe during school bus transport.

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Did you know?



In a typical bus of 25 students, at least one student is likely to have

- A food allergy is an adverse reaction that occurs soon after exposure to a certain food.
- In a typical bus of 25 students, at least one child is likely to have food allergies.
- Food allergy reactions can be very serious and even cause death.



What can you do?

- **Get trained!**

- Participate in food allergy training.
- Ask the school nurse or administrator for information about school food allergy policies.
- Know which students on your bus have food allergies and review their emergency care plans.
- Share emergency plans with substitute bus drivers and attendants.





What can you do?

- **Learn about food allergies!**
 - A food allergy is an adverse reaction that occurs soon after exposure to a certain food.
 - Any food can cause a food allergy, but most are caused by milk, eggs, fish, shellfish, wheat, soy, peanuts, and tree nuts.
 - A severe life-threatening allergic reaction is called anaphylaxis.



MILK



EGGS



FISH



SHELLFISH



WHEAT



SOY



PEANUTS



TREE NUTS

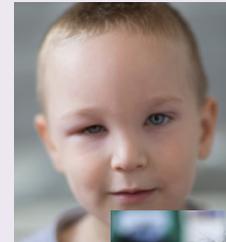


What can you do?

- **Recognize food allergy symptoms!**

- Food allergy symptoms can include the following:

- ◆ Swollen lips, tongue or eyes.
- ◆ Itchiness, rash or hives.
- ◆ Nausea, vomiting, or diarrhea.
- ◆ Congestion, hoarse voice, trouble swallowing.
- ◆ Wheezing or difficulty breathing.
- ◆ Dizziness, fainting or loss of consciousness.
- ◆ Mood change or confusion.





What can you do?

- **Know how to respond to food allergy emergencies!**
 - The recommended first-line treatment for anaphylaxis is the prompt use of an injectable medication called epinephrine.





What can you do?

If you suspect a severe food allergy reaction, or anaphylaxis, take immediate action:

- Know the location of emergency medication and be ready to administer an epinephrine auto-injector if you are a delegated and trained staff member and epinephrine is available.
- Call 911 or the emergency medical system (EMS) to ask for emergency transportation of any student showing signs of anaphylaxis.
- Let the school administrator know your actions and the need for someone to contact the student's parents.



What can you do?

- **Help prevent food allergy emergencies!**
 - Enforce rules that prohibit eating and drinking on the school bus.
 - Do not give food or candy to students.
 - Follow your school district's cleaning procedures for bus surfaces, such as seats and handrails.





What can you do?

- **Support a healthy and safe transportation**
 - Make sure your radios or phones are working properly.
 - Enforce no eating rules on buses.
 - Do not give food or candy to students.
 - Encourage students to treat each other with kindness and respect.
 - Report all cases of bullying to the school administrator.

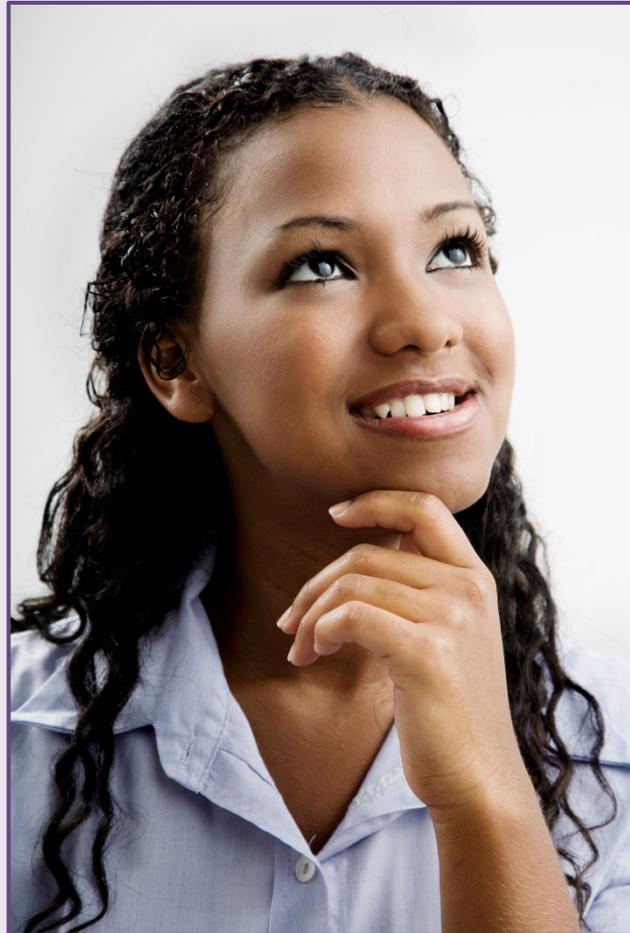




Where can you find more information?

- **Centers for Disease Control and Prevention.** *Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs.* 2013. Available at www.cdc.gov/healthyyouth/foodallergies/
- ***National School Transportation Specifications & Procedures.*** Adopted by the Fifteenth National Congress on School Transportation. May 2013. Available at <http://ncstonline.org/>

Questions ?





Resources

1. Branum AM, Lukacs SL. Food allergy among US children: trends in prevalence and hospitalizations. *NCHS Data Brief*. 2008;10:1-8.
2. Liu AH, Jaramillo R, Sicherer SH, et al. National prevalence and risk factors for food allergy and relationship to asthma: results from the National Health and Nutrition Examination Survey 2005-2006. *J Allergy Clin Immunol*. 2010;126(4):798-806.e13.
3. Nowak-Wegrzyn A, Conover-Walker MK, Wood RA. Food-allergic reactions in schools and preschools. *Arch Pediatr Adolesc Med*. 2001;155(7):790-795.
4. McIntyre CL, Sheetz AH, Carroll CR, Young MC. Administration of epinephrine for life-threatening allergic reactions in school settings. *Pediatrics*. 2005;116(5):1134-1140.
5. The Food Allergy & Anaphylaxis Network. *Food Allergy News*. 2003;13(2).

Thank You !



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