



***Good Shepherd Catholic Elementary School, Courtyce  
Anaphylaxis Information Brochure  
For Parents, Teachers and Students***



## WELCOME LETTER

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*Welcome to Good Shepherd Catholic Elementary School. We are committed to a safe and happy learning environment for your child. At our Catholic School Council Meeting in September of 2002, an Allergy Awareness Committee was formed to assist parents and staff with children who have severe allergies.*

*Our Mission is,*

*“At Good Shepherd Catholic Elementary School, we believe in protecting the social, physical and emotional safety and well being of all our students, staff, and visitors. Each person is valued and respected for his or her uniqueness and individuality. The Allergy Awareness Committee is committed to providing support to the school administration in educating our Catholic school community by developing awareness, and by providing resources, support and knowledge.”*

*In past years, our Allergy Awareness committee has initiated many activities to create awareness. These activities include Allergy Awareness Week every September, compiling a checklist of reminders for parents and staff to help during this busy month, providing treasure chests in Junior Kindergarten through Grade 3 classes, as an alternative to food related treats, celebrating each child’s birthday with our ‘Birthday Recognition’ program, and providing Welcome packages to each new parent of a child with allergies upon registration. In addition, we have held poster contests, presented displays and hosted our annual “Toonie For Allergy Research” fundraiser event.*

*Bimonthly, the Allergy Awareness Committee hosts a meeting to review Allergy Awareness News and to review school procedures and educational initiatives. These meetings are posted in the school calendar and monthly newsletter. Parents are welcome to attend these meetings and meet other parents and school staff.*

*The Allergy Awareness Committee*

# WHAT IS ANAPHYLAXIS?

*(Anaphylaxis Canada, 2007) Anaphylaxis (anna - fill - axis) is a serious allergic reaction. It can be life-threatening. Food is the most common cause of anaphylaxis, but insect stings, medicine, latex, or exercise can also cause a reaction. The most common food allergens are peanuts, tree nuts, seafood, egg and milk products.*

*Anaphylaxis affects multiple body systems: skin, upper and lower respiratory, gastro-intestinal and cardiovascular. Anaphylactic shock is an explosive overreaction of the body's immune system to a triggering agent (allergen). It can be characterized by swelling, difficulty breathing, abdominal cramps, vomiting, diarrhea, circulatory collapse, coma and death.*

*Symptoms of anaphylactic shock tend to develop rapidly although the initial presentation can be delayed and/or deceptively mild. The victim may become uneasy, upset and red in the face. They may also develop a rapid heartbeat, prickling and itchiness in the skin, throbbing in the ears, sneezing, coughing and difficulty breathing. Shock may then follow, in which blood vessels become leaky, blood pressure falls and the person becomes cold, clammy and faint.*

*Approximately 1-2 percent of Canadians live with the risk of an anaphylactic reaction. More than 50 percent of Canadians know someone with a life-threatening allergy.*

*Although anaphylaxis is most often diagnosed in childhood, it can also develop later in life. Living with anaphylaxis can be a challenge. People with this condition must learn how to avoid the allergen that causes their reaction. They must also be prepared to manage an unexpected reaction.*

## *What Causes an Anaphylactic Reaction?*

*Food is the most common cause of anaphylaxis but insect stings, medicine, latex, immunotherapy or exercise can also cause a reaction.*

*90% of serious food allergy reactions are caused by:*

- Peanuts
- Tree Nuts
- Soy
- Shellfish
- Fish
- Sesame Seeds
- Milk
- Eggs
- Wheat

# WHAT ARE THE SYMPTOMS OF A REACTION?

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## ***How can I recognize a reaction?***

*Each allergic individual will react in a specific way (i.e. with specific symptoms). This tends to be consistent from reaction to reaction unless the mode of contact is altered (i.e. ingestion, injection, inhalation). The severity of reaction, however, is less predictable. The quantity of allergen (trigger), asthma, the use of beta-blockers (cardiovascular medication) can affect it and this is why strict avoidance and the immediate use of epinephrine are imperative. You should discuss your/your child's particular signs and symptoms with your allergist and make sure that caregivers are aware of these. Many people watch for hives to develop, but these may not be present.*

## ***Signs and symptoms can include:***

### **Mild Symptoms**

- *tingling, numbness, pain in the lips and tongue;*
- *itchy eyes, nose, face;*
- *flushing of the face and body;*

### **Moderate to Severe Symptoms**

- *swelling of the eyes, face, lips, tongue and throat;*
- *difficulty swallowing;*
- *hives;*
- *abdominal cramps, vomiting, diarrhea;*
- *wheezing, coughing, difficulty talking and breathing;*
- *a sense of foreboding, fear and apprehension;*
- *weakness and dizziness;*
- *drop in blood pressure, loss of consciousness, death.*

*Most serious reactions occur rapidly and respond quickly to epinephrine. Some life-threatening reactions may have a delayed onset or recur several hours after seemingly effective treatment. This is why it is imperative that people remain in hospital for 3-4 hours following a mild reaction and longer following moderate to severe reactions (Sampson). Most biphasic reactions recur up to 8-12 hours later, but some have been seen 25 hours later. The initial symptoms may also be masked or muted if the patient has been taking steroids or antihistamines.*

## How to use an EpiPen® (Epinephrine) Auto-Injector



- 1 Pull off grey safety release.



- 2 Place black tip against mid-outer thigh (can go through clothes) and press firmly until the Auto-Injector activates. Hold while counting several seconds, then remove.

- 3 Call 9-1-1 and use the term “*anaphylactic reaction*” when speaking to the 9-1-1 operator.

### First Dose



- 1 Remove Green Cap marked [1] to see a RED cap. **Never put thumb, finger, or hand over the RED cap.**



- 2 Pull off Green Cap marked [2].



- 3 Place RED injector tip against mid thigh (can go through clothes).

- 4 Press down firmly until auto-injector activates – hold while slowly counting to 10.

- 5 Remove auto-injector and check the GREY cap; if needle is exposed, the dose was received. If not, repeat steps 3 and 4.

- 6 Prepare for a second dose

- 7 Call 9-1-1 and seek emergency medical help right away. Use the term “*anaphylactic reaction*”.

### Second Dose



- 1 Holding BLUE hub at needle base, remove syringe from barrel.



- 2 Slide YELLOW collar off.



- 3 Insert needle into mid-thigh.

- 4 Call 9-1-1 and seek emergency medical help right away. Use the term “*anaphylactic reaction*”.

## **Allergy Awareness Week**

*Our Allergy Awareness Committee hosts this week at the beginning of the school year. During the week special announcements are made daily, stories are read, videos are shown and displays are presented in the lobby to educate and create awareness within the school community on Allergies and Anaphylaxis.*

## **Displays**

*The Allergy Awareness Committee sets up displays in the front lobby to help inform and educate students and their families. These displays are used at various times such as Curriculum Night, Parent Interview nights and Allergy Awareness Week.*

## **Treasure Chests**

*Within the primary grades (Junior Kindergarten to Grade 3) the Allergy Awareness Committee provides each classroom with a Treasure Chest. These Chests are filled with a variety of trinkets and toys, as a great alternative to food treats. The teachers use these items at their discretion, as a reward to motivate students, to recognize a job well done, etc).*

## **Birthday Recognition**

*The Allergy Awareness Committee implemented a Birthday Recognition Program. Children at the school have their Birthdays honoured through announcements, and their first name and last initial is posted in the lobby on our Birthday Recognition Wall during the month of their birthday (summer Birthdays are recognized in June). Each child is presented with a bookmark, pencil or sticker. This program is a big hit and the students really enjoy having their special day recognized. This program ensures parents that their child is being recognized, and that their children are safe from eating treats (i.e. cakes, cupcakes) that may result in an anaphylactic reaction.*

## **Welcome Packages**

*Valuable information folders and resources regarding life-threatening allergies are provided to parents. These folders contain medical brochures, school board policies, and information from *MedicAlert*<sup>®</sup>, *Anaphylaxis Canada*, *EpiPen*<sup>®</sup> and many others.*

## **Checklists**

*The Good Shepherd Allergy Awareness Committee developed checklists for the principal, parents of the allergic child and staff (including supply teachers). These lists contain helpful reminders for ensuring a safe environment for children with severe allergies.*

## **Guest Speakers**

*Our Allergy Awareness Committee hosted a guest speaker from *Anaphylaxis Canada*. This event was very informative and helpful to many families in our community. We plan on scheduling more guest speakers in the future.*

## **Poster Contest**

*The Allergy Awareness Committee holds a Poster Contest once a year. The contest is open to all grades and has different categories based on age. The poster contest is a great way to create awareness and provide education about allergies for the students.*

# THE NO CHILD WITHOUT® PROGRAM

*(MedicAlert®, 2008) No Child Without® is a charitable program that offers all elementary school aged children with medical conditions or allergies, free MedicAlert® protection regardless of their financial resources.*

*Their vision is to help protect the estimated 300,000 children with medical conditions across Canada by offering No Child Without® to all 12,000 elementary schools over the next 5 years.*

## **Why is No Child Without® important?**

*Children are the most vulnerable individuals in our society, especially during a medical emergency or crisis. Safe guarding your children's health is our priority. That is why the Canadian MedicAlert® Foundation is partnering with the Lions Clubs of Canada and with schools across the country to introduce the No Child Without® program at no cost to families. With the rise in childhood diabetes, asthma and allergies, thousands of children have a medical condition, allergy or special need that should be communicated to medical personnel in an emergency. The No Child Without® program has been created to provide these students with the 24 hour protection of the MedicAlert® emergency information services.*

*During the school day a child will interact with many different individuals and may be exposed to a variety of situations that could result in the need for emergency care. It could be at recess, at lunch, in the classroom or after school at a friend's house or at a sports activity. Parents tell us that they want to ensure that vital medical information about their child is readily available and can be accurately communicated in an emergency.*

## **Benefits:**

*Knowing that your child is protected by MedicAlert® brings peace of mind. MedicAlert® speaks for your children when your children can't speak for themselves. The No Child Without® program offers the following benefits:*

- *Immediate access by health professionals and first responders to your child's medical record through the MedicAlert® 24-hour Emergency Hotline.*
- *MedicAlert® bracelet or necklet custom engraved with your child's medical information, member ID number and the MedicAlert® 24-hour Emergency Hotline number.*
- *Your child's confidential medical record is stored in a secure, centralized database.*
- *MedicAlert® ensures the confidentiality and privacy of its members' information at all times.*
- *A MedicAlert® membership card listing your child's medications and the names and phone numbers of physicians and emergency contacts.*
- *My MedicAlert®: secure online personal and up-to-date medical record. As a parent you can update your child's medical information anytime.*

## **PLUS**

*Your child is given our Extended Emergency Services:*

- *Notification of personal emergency contacts at the time of emergency.*
- *Follow up with parents after emergency call is made to the Hotline.*

*Prime Minister Stephen Harper announced a \$5 million grant to fund the No Child Without® program.*

*Our school is part of the No Child Without® program. MedicAlert® will provide free bracelets for Good Shepherd students with allergies or serious medical conditions. Call the school office for a brochure on how to sign your child up for this program.*

*[www.nochildwithout.ca](http://www.nochildwithout.ca) is a subsidiary site to the [www.medicalert.ca](http://www.medicalert.ca) site....they are linked, but parents may wish to go directly to the No Child Without® website*

*"In an emergency like anaphylaxis or asthma, every minute can mean the difference between life and death. MedicAlert® speaks for patients, and in this case, children, when you can't."*

*- Dr. Bruce Minnes  
Associate Director of Paediatric Emergency Medicine  
Hospital for Sick Children*

## **Action Steps For Allergy Awareness and Management at Good Shepherd Catholic Elementary School**

### **Action Steps**

#### **Registration:**

Upon registration of an allergic child, the parents receive our school's Allergy Awareness Information Kit.

#### **Forms:**

Parent completes the following forms and return them on the first day of school:

- a. Emergency Response Procedures for Medical Conditions and Student Information
- b. Authorization for Administration of Medication (if necessary)

#### **Interview:**

An interview is conducted for new students before school begins. This interview includes the parent, Principal and/or Vice-Principal and the teacher and discussion of concerns, issues, the nature of the allergy and procedures necessary for the student's safety. For returning students with allergies, the child's teacher will make contact with the parent(s) before school starts to set up an interview.

Initial update of student information can be given over the phone, however, an interview is required as soon as possible.

In the school interview the following items are discussed:

- Board Policy and School Anaphylaxis Plan (e.g. folders, brochures)
- Creation of an Individual Plan for student at school, e.g., strategies to avoid allergens, communication with staff, special requirements
- Emergency Response Plan and Student Information signed by the child's physician and parent including any forms to administer medication if necessary
- Consent from parent to contact child's physician if necessary
- Consent to share child's information with school staff

### **Emergency Plan**

Parents must return all medical forms. A copy of an Individual Plan for their child will be given to the parent. Parents will give appropriate medication to the school. Two EpiPens<sup>®</sup> are required for the school year (one for the office and one for the teacher). Parents will check to ensure expiry dates for EpiPens<sup>®</sup> is for the full school year.

### **Implementation**

Good Shepherd Catholic Elementary School ensures that the school environment is an allergy safe zone as follows:

- School staff, support staff and occasional staff are trained on the use of EpiPens<sup>®</sup> each year and on life threatening allergies
- Allergy Awareness Committee meets bimonthly to review policies and procedures
- Food Lunch Programs and fundraisers must be reviewed by the Principal and the Allergy Awareness Committee prior to implementation
- Medical Response Procedures for Medical Conditions and Student Information Forms will be posted in the staff room and stored in a binder in the office Health Room
- The Birthday Recognition Program involves the purchase of non-food items such as birthday pencils, stickers, erasers for each student
- Classrooms are provided with non-food items for classroom incentives for positive student contributions
- Allergy Awareness signs are placed on classroom doors where students have life-threatening allergies and posted on the front doors of the school and in the office
- Students and staff are instructed not to bring any peanut, nut or nut substitute products (e.g soy butter) to school
- Parents are reminded not to bring any baked goods into the school
- Students are given information on Allergy Awareness at several intervals throughout the school year by the Principal or Vice-Principal and Classroom Teacher

### ***How Much Exposure to an allergen will trigger a reaction?***

*In some children, the tiniest amount - even a trace amount - can trigger a life-threatening reaction. To put it into perspective using peanuts as an example - 1/1000th of a peanut can be potentially fatal.*

### ***My child loves Pea Butter. Are we allowed to send Pea Butter instead of Peanut Butter?***

*We do not allow Pea Butter at our school (or any similar peanut butter substitute), as it is so closely resembles peanut butter in smell and texture, that it would be impossible for our staff, or a child to determine for sure if it was safe.*

### ***Should I allow my child who has an allergy to drink from the fountain?***

*No, it is not recommended. Someone may have eaten a product that contains the food that your child is allergic to and then had a drink from the fountain. Your allergic child may come into contact with a peanut/nut product and have a reaction. Provide bottles of water for your child for his/her use in their classroom.*

### ***Is the staff aware of my child's allergy?***

*Students with life threatening allergies have their pictures and description of the allergy posted in the staff room. Information about students with allergies is given to the classroom teacher, classroom students, Principal, and Vice-Principal.*

### ***Is staff involved in training sessions on administration of EpiPens®?***

*All staff including supply teachers and bus drivers are involved in a training session on how to administer an EpiPen®.*

### ***What foods are safe to bring to school?***

*Just remember to always read the label. Products that are not safe usually have a warning on them such as "may contain nuts" or processed in a facility that also processes peanuts/nuts". Products coming from a bulk food store/bulk food section are not safe as they are easily cross-contaminated with peanuts/nuts.*

### ***Why can't I bring cupcakes in to celebrate my child's Birthday?***

*We understand how many families like to do things to make their child's birthday special at school. Our Allergy Awareness Committee has implemented a Birthday Recognition Program. Students are given something such as a sticker, bookmark or Birthday pencil recognition of their special day. In Addition, we place the child's name on our Birthday Recognition Wall during the month of their Birthday (July and August Birthdays are recognized as well). We encourage parents not to bring in food related products, as the foods are often prepared in homes that have peanut/nut products. We would instead encourage you to bring in a non-food related treat, if you wished to do something in addition to our Program.*

***My child has a serious food allergy. How many EpiPens® does my child need at the school?*** We strongly encourage that you have 3 EpiPens® at the school. We keep one of your child's EpiPens® in the office, one in your child's classroom and your child should have one with him/her at all times.

### ***Are lunch times supervised to ensure lunches are peanut/nut free?***

*Yes. Lunch times are monitored by teachers.*

## VALUABLE RESOURCES



### **Anaphylaxis Canada**

416-785-5666 – [www.anaphylaxis.ca](http://www.anaphylaxis.ca)

*Anaphylaxis Canada is a non-profit organization created by and for people with anaphylaxis.*

*They provide information and support to people with anaphylaxis, helping them to lead safe, normal lives. They work to improve safety standards for people with anaphylaxis and work with the food industry to improve food labels, with school boards, restaurants, the airline industry, government and others. Anaphylaxis Canada also provides consultation and helps develop policies to keep people with anaphylaxis safe. Anaphylaxis Canada also has a kid friendly website called Safe4Kids. There are a variety of games and activities for different age groups. [www.safe4kids.ca](http://www.safe4kids.ca)*



### **AAIA (Allergy Asthma Information Association)**

1-800-611-7011 – [www.aaia.ca](http://www.aaia.ca)

*The Allergy/Asthma Information Association (AAIA), is a federally registered Canadian charity. They were founded in 1964 by a group of parents whose children had severe allergies. Their mission is “to create safer environments and improve quality of life for Canadians affected by allergy, asthma, and anaphylaxis by empowering individuals and providing education, leadership, and a national voice.”*



### **MedicAlert®**

1-800-668-1507 – [www.medicalert.ca](http://www.medicalert.ca)

*MedicAlert® is the leading provider of emergency medical information services linked to customized medical bracelets, necklets, and watches. For more than 45 years, MedicAlert® has provided protection and peace of mind to Canadians of all ages with a variety of medical conditions and special needs. Our school is part of the No Child Without® program. MedicAlert® will provide free bracelets for Good Shepherd students with allergies or serious medical conditions. Call the school office for a brochure on how to sign your child up for this program.*



### **Allergic Living Magazine**

1-888-771-7747 – [www.allergicliving.ca](http://www.allergicliving.ca)

*Allergic Living is the new magazine and website for people dealing with serious food and environmental allergies and asthma. They aim to be an invaluable tool to the allergy community, helping readers to lead safe and enjoyable lives.*



### **CFIA (Canadian Food Inspection Agency)**

1-800-442-2342 – [www.inspection.gc.ca](http://www.inspection.gc.ca)

*Receive email alerts on Food Recalls and Allergy Alerts in the event that any nine Priority Food Allergens (peanuts, tree nuts, sesame seeds, milk, eggs, fish, soy, wheat and sulphites) may be present but not labeled correctly.*



### **Peterborough Victoria Northumberland Clarington Catholic District School Board**

1-800-461-8009 – [www.pvnccdsb.on.ca](http://www.pvnccdsb.on.ca)

*The PVNCCDSB provides education to over 15,000 students within an area of 10,000 square km at 32 elementary and 6 secondary schools. The mission of the Peterborough Victoria Northumberland and Clarington Catholic District School Board is to provide all students with a Catholic education that includes the knowledge, skills, and values required to live a meaningful and faith filled life.*



### **EpiPen®**

1-877-EpiPen-1 (1-877-374-7361) – [www.EpiPen.ca](http://www.EpiPen.ca)

*EpiPen®.ca provides the facts about anaphylaxis, including who is at risk and what causes it, and explains how EpiPen® (epinephrine) Auto-Injectors can help you and your loved ones be prepared.*



### **Twinject™**

1-877-Twinject (1-877-894-6532) – [www.Twinject.ca](http://www.Twinject.ca)

*Twinject™ is an epinephrine auto-injector, a device that automatically administers a single dose of epinephrine. Every Twinject™ auto-injector comes with a backup dose, in one compact device. It is available in 0.3 mg and 0.15 mg formats.*

*Twinject™ is indicated for the emergency treatment of severe allergic reactions including anaphylaxis to stinging insects & biting insects, foods, latex, allergen immunotherapy, other allergens and drugs.*

*A second dose is available for manual injection following a partial disassembly of the Twinject™ Auto-Injector.*

### Other Valuable Resources:

Allergy Safe Communities - [www.allergysafecommunities.ca](http://www.allergysafecommunities.ca)

Canadian Allergy Asthma and Immunology Foundation - [www.allergyfoundation.ca](http://www.allergyfoundation.ca)

Food Allergy & Anaphylaxis Network - [www.foodallergy.org](http://www.foodallergy.org)

Food Allergy & Anaphylaxis Network for Kids and Teens - [www.fankids.org](http://www.fankids.org)

Kids with Food Allergies - [www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org)



*Good Shepherd Catholic Elementary School  
20 Farmington Drive  
Courtice, Ontario  
L1E 3B9  
Phone: (905) 404-9868  
Fax: (905) 404-9972*

*This brochure was produced by the Good Shepherd Catholic Elementary School (Courtice) Allergy Awareness Committee:  
Debbie Ford (Principal), Ann-Lousie Saunders, Karen Sullivan, Tracey Kiproff, Cynthia Graham and Penni Barker Adams.  
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*Special recognition to Karen Sullivan for designing and formatting this brochure.*



*Peterborough Victoria  
Northumberland and Clarington  
Catholic District School Board*