

TEACHER TIPS FOR MANAGING SEVERE ALLERGIES

Know the common symptoms of an allergic reaction and symptoms specific to an individual student

Keep information about a student with allergies where a substitute has immediate access and awareness

Include parent/guardian expertise regarding food allergy in your planning

Review lesson plans that have food as part of the lesson for safety

Review activities that require materials that could trigger a severe allergic reaction and choose alternatives

Avoid “cross contamination” from snacks or other foods used or eaten in class

Review emergency procedures with your Licensed School Nurse and be sure that you know when and how to administer medications

Remind students to wash hands thoroughly with soap and warm water after handling foods that typically contain allergens (waterless hand sanitizers are not effective for removal of allergens)