



BURBANK UNIFIED SCHOOL DISTRICT
HEALTH SERVICES DEPARTMENT
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BURBANK, CALIFORNIA 91506-2460
TELEPHONE (818) 729-4504 • FAX (818) 729-4576

Dear Parents/Guardians,

You've all read the headlines and seen the news stories: Food allergies are a growing concern in schools across America. Millions of children – children who are perfectly healthy and normal in every other way – must watch every single bite they eat, or risk suffering a severe or even life-threatening reaction. In fact, food allergies claim an estimated 150 lives and are responsible for more than 125,000 emergency room visits each year. A major health issue such as this must be taken very seriously, and it has always been the policy of this school to make the safety and well-being of our students our top priority.

There may be a student in your child's class who has a serious peanut allergy – the food allergy that claims more lives each year than any other. A child with a serious peanut allergy can suffer a reaction merely by touching a peanut-containing food. Therefore, we are putting the following safety guidelines into effect:

- While we are not prohibiting, we are requesting that families refrain from sending peanut/nut-based products to school.
- We will not be doing any classroom projects that involve peanut butter (like bird feeders) or peanut shells (art projects). Please do not send any of these projects into the classroom with your child.
- Please do not send any food items to the classroom for the purpose of sharing in the classroom environment.
- Children will be reminded of the importance of washing their hands before and after eating. In the event that your child has peanut butter/peanut products for breakfast, please have your child wash their hands with soap and water before leaving for school. Water alone does not do the trick!

This is a learning process for all of us, but we trust that you understand how deeply important it is to respect and adhere to these guidelines. If throughout the course of the year you have any questions or concerns about food-allergy-related issues, please do not hesitate to contact me.

Wishing you and your family a safe and healthy school year.

Sincerely,








Lenora Aguilera, R.N., B.S.N., Credentialed School Nurse
Lead School Nurse

Recognize and Respond to Anaphylaxis

For a suspected or active food allergy reaction





FOR ANY OF
THE FOLLOWING

SEVERE SYMPTOMS

-  **LUNG:** Short of breath, wheezing, repetitive cough
-  **HEART:** Pale or bluish skin, faintness, weak pulse, dizziness
-  **THROAT:** Tight or hoarse throat, trouble breathing or swallowing
-  **MOUTH:** Significant swelling of the tongue or lips
-  **SKIN:** Many hives over body, widespread redness
-  **GUT:** Repetitive vomiting, severe diarrhea
-  **OTHER:** Feeling something bad is about to happen, anxiety, confusion

OR MORE
THAN ONE

MILD SYMPTOM

-  **NOSE:** Itchy or runny nose, sneezing
-  **MOUTH:** Itchy mouth
-  **SKIN:** A few hives, mild itch
-  **GUT:** Mild nausea or discomfort

**1 INJECT
EPINEPHRINE
IMMEDIATELY**

2 Call 911
Request ambulance
with epinephrine.

Consider Additional Meds

(After epinephrine):

- » Antihistamine
- » Inhaler (bronchodilator) if asthma

Positioning

Lay the person flat and raise legs. If breathing is difficult or they are vomiting, let them sit up or lie on their side.

Next Steps

- » If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
- » Transport to and remain in ER for at least 4 hours because symptoms may return.

Do not depend on antihistamines. When in doubt, give epinephrine and call 911.