

# Severe Allergy Policy

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## Aim

Our centre aims to minimise exposure to any substance which is common in causing severe allergic reactions amongst children.

## Implementation

Anaphylaxis is life threatening. Anaphylaxis is a severe allergic reaction to a substance. While prior exposure to allergens is needed for the development of true anaphylaxis, severe allergic reactions can occur when no documented history exists.

Anaphylaxis can be caused by insect bites such as bees or wasps but is usually caused by a food allergy. Foods most commonly associated with anaphylaxis include **peanuts, seafood, nuts and in children eggs and cow's milk.**

Educators should be on the lookout for the below symptoms. Educators should be on the lookout for symptoms as they need to act rapidly if they do occur. Educators should **immediately call 000** if symptoms arise. If you know a child/Educators is prone to anaphylaxis reactions, and they carry an EpiPen® it should be injected by an Educators trained in first aid. CPR should be initiated should the child/Educators stop breathing.

Steps should be taken to prevent anaphylaxis occurring:

- Upon enrolment, seek medical information from families about any known allergies. Ask families for supporting documentation as well as an action plan. This action plan should include a photo of the child, what triggers the allergy, first aid needed and contact details of the doctor who has signed the plan
- Request that the parent supply an EpiPen®.
- Educators should be educated to recognise how serious anaphylaxis is and under the steps that need to be taken in order to minimise the possibility of occurrence. All Educators s that hold First Aid licences should be instructed on how to administer an EpiPen®.

Ways to avoid exposure to triggers include:

- Not allowing children to trade food, utensils or food containers.
- Ideally, children who have server allergies should only be served food prepared at their homes.
- Bottles, drinks and lunchboxes should be clearly labelled with the child's name that they are intended for.
- The use of food products in craft, science experiments and cooking classes may need to be changed in order to allow children with allergies to participate.
- Food preparation Educators will be instructed on the necessity to prevent cross contamination.
- Parents will be asked not to send food with their children that contain high allergenic elements even if their child does not have an allergy.
- If appropriate a child with allergies may have to sit at a different table if food is being served that he/she is allergic to.
- Meals prepared at the centre should not contain ingredients such as eggs or nuts.

## Legislative Requirements

- Education and Care services National Law Act 2011

## Who is affected by this policy?

- Children and Families
- Educators and Management

## Sources and further reading:

- The Australasian Society of Clinical Immunology and Allergy (ASCIa)
- Anaphylaxis Australia

*Review: This policy will be reviewed annually. The review will be conducted by:*

- Management and Employees
- Interested Parties (Including Families, NSW Early Childhood Education and Care Directorate Department of Education and communities, ACECQA etc.

*Last Reviewed: January 2020*

