

# ***ST. MARY'S CHILD CARE CENTER***



## ***ALLERGY/INTOLERANCE PROTOCOL***

*Revised  
December 2005  
May 2012*

## Allergy/Intolerance Protocol

St.Mary's Child Care Center strives to provide a safe and caring environment for all children. We, at the center, service children with allergies and intolerances. Our goal is to cater to the needs of children with allergies, intolerances (associated with the digestive system – cause discomfort but not life-threatening), and atopy (an hereditary predisposition of developing an allergy).

Peanuts, nuts, fish, shellfish, eggs, milk, wheat, soy, and sesame are among the most common foods to cause allergic reactions. In allergic individuals, ingestion and or exposure to allergens of these products can cause symptoms such as:

- **Urticaria** –red, itchy raised plaques
- **Itchiness** – of the mouth, lips, tongue or palate
- **Swelling** – skin or mucosa edema (lips, mouth, throat)
- **Rhinitis** – nasal congestion with a runny nose
- **Asthma** – cough, shortness of breath
- **Difficulty swallowing**
- **Conjunctivitis** – red eyes and edema
- **Digestive symptoms** – nausea, abdominal cramps, vomiting, diarrhea
- **Fainting spells** – loss of consciousness, blood pressure drops
- **Difficulty breathing, wheezing**

### *❖ Exposure to allergens can be potentially life threatening*

This protocol has been prepared to help parents cope with the restrictions associated with having their child(ren) attend a center that is "allergy/intolerance sensitive."

The aim of this protocol is not to complicate matters, but rather to ensure the health and well being of all children who attend our center. We are counting on the cooperation of each family to ensure that the daycare's allergy/intolerance sensitive status is respected and that foods not be brought to the center. **It should be recognized that this would reduce, but not eliminate the risk of accidental exposure.**

We understand that this protocol may cause some inconveniences. For this reason we would like to express in the name of all the children with allergies and intolerances, our deepest appreciation.

## **Identification of the child**

- It is the responsibility of the allergic and/or intolerant child's parents to meet with the administration to discuss their child's allergy or intolerance according to the Health Protocol. All children with an allergy must have an individual treatment protocol established by their doctor. The daycare cannot assume responsibility for treatment in the absence of such a protocol.
- All staff members will then be informed of each allergic or intolerant child's situation.
- It is recommended that the allergic child wear a Medic Alert bracelet that states his/her allergy/lies.
- A photograph and a description of each child's allergy or intolerance and their treatment protocol will be kept in the child's classroom and the office. If applicable, the child's auto-injector's expiry date will be indicated on the chart. Parental written permission will be obtained to post this information.
- The anaphylaxis Alert Poster must be posted in a visible area.

## **Training**

- Each year there will be an awareness and training session for the staff, which includes a demonstration on the use of the auto-injector
- As a quick refresher on a periodic basis, teachers could practice use of the auto-injector during scheduled staff meetings.
- Substitute teachers will be advised to review the anaphylaxis Alert Poster for children in their class and to review emergency protocol with a regular staff member.

## **Regulations**

- If the parents of a child with allergies and/or intolerances choose to supply their child's meals, they will be reimbursed for the costs. These foods must be in an unopened original package with ingredient label intact and must be peanut/nut free.
- Children with allergies or intolerances will be served meals and snacks with different colored plates, cups, and utensils from the rest of the group
- Food carts and trays should be kept out of the children's reach and cannot be left unattended.
- Any other lunches or snacks brought in by the staff must be stored and eaten in the staff rooms and must still be peanut/nut free. Any dishes or utensils they use cannot be washed in the center's kitchen and/or bathrooms.

## **Birthday Celebrations**

Cake mixes and frosting will be supplied by the center. The cakes will be made by the educators and the children. The type of mix (i.e. with or without milk) and/or recipe (i.e. with or without eggs) used must respect the allergies/intolerances present in the classroom. No other foods will be served for birthday celebrations in order to ensure that all birthdays are celebrated in the same manner.

## **Cooking Activities**

Any food used as ingredient for a cooking activity can only be brought in by the staff. These ingredients must be in a closed package with the ingredients listed (no nuts). Ingredients which are not available in a package, particularly fruits and vegetables, must be carefully washed in the kitchen before they are brought into the classroom. All cooking activities in the classroom must be for foods that **all** the children of that class can eat.

## **Special Snacks**

Any food served as a special snack must be brought in by the staff only and must be in its original closed package with the ingredients listed (no nuts). These snacks must respect the allergies/intolerances of **all** the children in the class.

# **Anaphylactic Procedures**

## **Availability and Location of Auto-Injectors (Epipen)**

- Posters describing the signs and symptoms of anaphylaxis and the use of the auto-injector (Epipen) should be posted in all classrooms and the office.
- All children who have an auto-injector (Epipen) must leave one at the center at all times.
- The child's auto-injector (Epipen) must be with the accompanying educator at all times (yard, park, walks, etc)
- Parents and staff need to regularly check medication for its expiry date.

## **Treatment Protocol**

- An individual treatment protocol needs to be established by the child's doctor. The daycare cannot assume responsibility for treatment in the absence of such a protocol.
- To manage an emergency, a routine must be established and practiced.
- If the child is experiencing light symptoms such as itching or hives: follow the treatment protocol
  - ❖ **Warning: If allergic to peanuts or nuts or has had anaphylactic reactions in the past, use auto-injectors as first symptoms appear unless their protocol states otherwise.**
- If the child is experiencing severe symptoms (swelling of body or lips or mouth or tongue, itchy throat, difficulty breathing, severe vomiting or diarrhea, dizziness, or loss of consciousness):
  - a) Lie the child down with legs raised (if the child is vomiting lay on their side; recovery position)
  - b) Use the auto-injector
  - c) Call 5555 for assistance
  - d) Do not change the child's position
  - e) Allow the medical team to intervene
  - f) If the medical team is unavailable and the symptoms still appear after 15 minutes give the child a second shot with an auto-injector
  - g) Advise parents
- Adults must be encouraged to listen to the concerns of the anaphylactic child. The child usually knows when s/he is having a reaction, even before signs manifest.