

Using rescue medicines

Be prepared – carry your rescue medicines (antihistamines and adrenaline pens) with you at all times!

Make sure you refresh your skills with using your adrenaline pen on a regular basis – practice with your **Jext**® trainer at least once every school term.

Make sure your friends and family know what to do if you have an allergic reaction.

Contact numbers

If you have any questions or concerns, please contact the Children's Clinic on 0118 322 8142

Other useful contacts

Allergy UK
01322 619898
www.allergyuk.org

Institute of Food Research
www.ifr.ac.uk/protall/infosheet.htm

The Anaphylaxis Campaign
01252 542029
www.anaphylaxis.org.uk

Allergy in Schools
www.allergyinschools.org.uk

ALK-Abello
www.jext.co.uk

Royal Berkshire NHS Foundation Trust
London Road
Reading RG1 5AN
Telephone 0118 322 5111
www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

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Royal Berkshire
NHS Foundation Trust

Food allergies

in schools and nurseries

Information for families

This leaflet offers general advice on managing food allergies whilst in school or nursery. For specific advice about diet, speak to your GP or practice dietitian.

Schools and nurseries

Most schools and nurseries have good systems in place to help children with food allergies.

If your child has been diagnosed with a food allergy, you need to organise a meeting with the head teacher and the school nurse as soon as possible. You will need to discuss:

- Training – staff need to be aware of which foods may cause a reaction and how to avoid them. They also need to be able to recognise an allergic reaction and how to deal with it. Key members of staff need to know how to use an adrenaline pen in an emergency.
- Written instructions – The Children's Clinic can provide you with a Food Allergy Action Plan on which you can give clear written instructions for the school outlining your child's allergy and what treatment is necessary. You also need to ensure the school or nursery can reach you in an emergency.

- Treatment pack – we advise you to put together a treatment pack for school or nursery, clearly marked with the child's name and containing:
 - the action plan,
 - antihistamine,
 - adrenaline pen
 - salbutamol inhaler and spacer (if necessary).

It is the parents' responsibility to ensure that any medicines in this pack are kept up to date and that it is accessible to the child, even on school outings.

Primary schools and nurseries

Treatment packs should be kept safely in a central, accessible place from which it can be collected at short notice, e.g. the child's classroom or school office.

Secondary schools

Children may carry their antihistamine and adrenaline pens with them in their school bag. It is advisable to keep the pens in a rigid container clearly marked with your child's name. The school may also hold an adrenaline pen in reserve in case of emergencies.

Other helpful advice

More helpful advice can be obtained from the Anaphylaxis Campaign (see contact details on back page). The booklet called 'Letting go' is full of helpful tips encouraging parents to look ahead to the time when their children will be independent. The Anaphylaxis Campaign also runs workshops for 11-18 year olds, helping them to assess and manage the risks associated with having a severe allergy.

Food technology lessons

Whenever the planned school curriculum involves cookery or experimentation with food, we suggest that you hold discussions with the school staff beforehand to ensure safety measures are in place or suitable alternatives are available.