

Implement this guideline alongside *Medical Conditions*, *Administration of Medication*, *Nutrition and Food Safety Procedures* and *Best practice guidelines for anaphylaxis prevention and management in children's education and care services*. Do not follow this guideline for children with undiagnosed food allergies, intolerances or restrictions. Instead follow the *Undiagnosed Food Allergies, Intolerances and Restrictions Guideline*.

What?	Signs?	Treatment?
Anaphylaxis is a severe life-threatening allergic reaction that has been formally diagnosed by a registered medical practitioner.	<ul style="list-style-type: none"> • Difficult/noisy breathing • Swelling of tongue • Swelling/tightness in throat • Difficulty talking and/or hoarse voice • Wheeze or persistent cough • Persistent dizziness and/or collapse • Pale and floppy 	<ul style="list-style-type: none"> • Adrenaline (EpiPen/Anapen) is the first line treatment for anaphylaxis. • Antihistamines may be prescribed to treat mild to moderate allergies but will not prevent or stop anaphylaxis.
An Allergy is a medical condition that has been formally diagnosed by a registered medical practitioner. An allergy is an overreaction of the immune system to a protein. Reactions can vary from mild to severe.	<ul style="list-style-type: none"> • Swelling of lips, face, eyes • Hives or welts • Tingling mouth • Abdominal pain and vomiting 	<ul style="list-style-type: none"> • Antihistamines

Teacher/Educator Responsibilities

Implement the following risk minimisation strategies

General

- As it is impossible to guarantee certain foods will never enter the centre, do not claim to be a 'nut free centre' or attempt to implement a ban on specific foods. Instead implement strategies to minimise the possibility of allergens entering the centre.
- Maintain current first aid qualifications, including emergency management of anaphylaxis. Training must outline how to administer the EpiPen® and Anapen®.
- Maintain an understanding of and ability to respond to anaphylaxis and allergies by (optional):
 - Reviewing the ASCIA How to give [EpiPen/Anapen](#) instruction.
 - Completing the [ASCIA Anaphylaxis Refresher e-Training](#) (free).
 - Completing in-house team scenario exercises with an [adrenaline injector training device](#).
 - (For centres that provide food) Completing [All about Allergens](#) course.
- Implement *Medical Conditions* and *Administration of Medication* procedural tasks.
- When a child has anaphylaxis, display '[Child/Children with anaphylaxis is enrolled at the centre](#)' poster; outlining known allergen(s) in prominent location in centre entrance.
- In consultation with child's parents/guardians, share allergy information with children and families. Refer to appendix of this procedure.

In collaboration with parents (where possible) include/adapt the risk minimisation strategies in response to the child's health needs. Document in the Risk Minimisation Plan, as part of the child's Medical Condition Record.

Medication Storage

- Store Adrenaline (EpiPen):
 - Out of direct sunlight or heat.
 - Not in the refrigerator.
 - At room temperature, between 15-25°C. Store in an insulated lunch box/wallet.
- Store medication in a location that is inaccessible to children, but easily accessible and known to educators (i.e., clearly signed and not locked).
- Keep a copy of child's medical management plan with medication.

Meal times and food provision

- Document and implement local level protocols to mitigate the risk of a food allergen exposure. For example, serving children with food allergies first, coloured plates for children with food allergies and/or completing a two educator/teacher check to ensure children with food allergies are given the correct meal/lunch box.

- Closely supervise children at meal times. If appropriate, one educator to sit with the child at mealtimes to provide close supervision i.e. minimise cross contamination and prevent food sharing.
- Do not isolate children with anaphylaxis/allergies from their peers at meal times.
- If serving food from a shared platter, provide children with food allergies with their own plate of food to select from.
- Store child's meals separately from other foods within a sealed container, labelled with child's name.
- Allocate child with their own set of utensils, plates and bowls. Label with child's name and store in a sealed container.
- Facilitate discussion with children about the serious nature of allergies and the importance of hand washing and not sharing foods.
- Observe precautionary allergen food product labelling statements e.g. "may contain traces of..."
- When providing children with meals:
 - When appropriate, exclude foods containing peanuts and tree nuts (such as cashew, hazelnut and almond) from centre menu as they are not essential/core foods and can be eaten at home. Do not exclude core diet foods such as wheat, dairy and egg.
 - When a child has multiple/complex food allergies, it may be appropriate for a child to only eat food from home. This should be discussed/decided (and documented in the risk minimisation plan) with the child's parents/guardians prior to the child commencing or upon diagnosis.

Special events and celebrations

- Consult with child's parents/guardians prior to special events to ensure all matters of care are considered and planned for.
- Two educators to review, sight and check ingredients supplied.
- Provide information to all families prior to an event, discouraging specific food products which are known allergies.
- Where food is sold for fundraising, a list of ingredients must be supplied.
- Encourage child's parents/guardians to supply of suitable foods which can be stored in freezer, in a sealed container, labelled with child's name, and be provided to their child at special events and celebrations.

Excursions

- Consult with child's parent/guardian prior to excursions to ensure all matters of care are considered and planned for.
- Carry a mobile phone and ensure reception prior to excursion.
- Ensure all educators and volunteers know who is responsible for the first aid kit and the location of medication.
- Take a copy of medical management plan and medication.

Curriculum

- Ensure donated containers do not contain known allergens e.g. egg white or yolk in egg cartons.
- Take care when face painting or mask making, as products used may contain food allergens such as peanut, tree nut, milk or egg.
- Take care when providing play dough and other similar mediums as products used may contain food allergens such as nut oils. Discuss options with child's parents/guardians if allergen is wheat.
- Inform child's parent/guardian of the sunscreen product used at the centre, as some products contain nut oils.
- Be aware that some animal feed may contain food allergens e.g. nuts in birdseed and cow feed, milk and egg in dog food, fish in fish food. If chickens are included in the learning program and a child has an egg allergy, implement strategies to minimise the child's exposure to eggs.

Insect Allergies

- When spending time outdoors, direct children with insect allergies to:
 - Wear shoes.
 - (If centre is located in tick prone region) Wear clothing that covers as much skin as possible (e.g. long pants and sleeved tops) and tuck pants into socks.
 - Spend time away from garden beds, flowering plants and water.
- Promptly arrange for insect nests to be professionally removed/poisoned outside hours of operation via completing an online maintenance request (branch) or notifying the committee of the request.
- Keep bins covered.
- Maintain gardens and lawns.
- Avoid open drink containers outside, as they may attract insects.

Anaphylaxis emergency first aid for undiagnosed children

- In an anaphylaxis emergency, an Adrenaline Autoinjector (Epi-Pen) can be administered without written authorisation of a registered medical practitioner i.e. pharmacy label.
- An Adrenaline Autoinjector is kept at the centre in case of children (undiagnosed) who experience anaphylaxis for the first time whilst attending the centre.
- C&K employees with current first aid qualifications are permitted to administer appropriate emergency medication without parent consent (*s94 - Exception to authorisation requirement—anaphylaxis or asthma emergency*). This exception can be relied upon even where a parent/guardian has responded "No" to the administration of an Epi-pen consent questions in the child's Enrolment Booklet/Online Form. It is important to note that, s94 requires:
 - (a) the centre **must** notify emergency services; and
 - (b) the centre **must** notify the child's parent/guardian as soon as practicable.

Anaphylaxis emergency first aid steps

1. Lay patient flat. Do not allow them to stand or walk. If patient is experiencing breathing difficulties, allow to sit with legs outstretched. If unconscious, place in recovery position.
2. Administer Adrenaline Autoinjector*
3. Phone '000' – Request an ambulance and follow operator instructions*. If patient has been previously diagnosed, refer to and follow their medical management plan.
4. Contact parent/guardian.
5. Upon '000' operator instruction, provide further Adrenaline Autoinjector doses.
6. Commence CPR at any time if unresponsive and not breathing normally.

*Note:

- Always immediately administer Adrenaline Autoinjector if patient is experiencing severe or sudden breathing difficulties i.e. wheeze, persistent cough or hoarse voice.
- If unhappy with or unsure of '000' operator instructions, ask to speak to the Clinical Dispatch Supervisor.
- If adrenaline is accidentally injected (e.g. into the administrator's thumb), phone and follow the advice of the Poisons Helpline – 13 11 26. Another first aider will assume management of patient.

References

- *Allergy and Anaphylaxis Australia - [Examples of anaphylaxis risk minimisation strategies for children's education and care services](#)*
- *Australian Society of Clinical Immunology and Allergy - www.allergy.org.au/*
- *National Allergy Strategy [All about allergies Resource Hub](#)*
- *The Royal Children's Hospital Melbourne - www.rch.org.au/kidsinfo/factsheets/Allergic_and_anaphylactic_reactions/*

Appendix One - Communication example

Please adapt for your centre / context

Dear Families

A child attending our centre has anaphylaxis due to XXXXXX.

Anaphylaxis is potentially life threatening and we are seeking your support to minimise potential risks to the child when attending our centre.

We encourage parents/guardians to make food choices for their child that exclude food that contain XXX or XXX related products. If you do choose to pack these foods or if you are unsure of the ingredients of the food provided, please immediately inform an educator so they can implement appropriate risk minimisation strategies.

Please also ensure you and your child wash hands upon arrival. Washing hands thoroughly, will minimise traces of the allergen being unintentionally brought into the centre.

You may have been in other centres that state they are a "XXX free centre". Realistically however we cannot say that no XXX or XXX related product will ever enter our centre. However, we do work very hard to minimise the possibility of XXX and XXX related products entering our centre. We seek your support and assistance with this.

If you have any questions about the above information, please do not hesitate to contact the centre on XXXX or ask an educator.

We appreciate your understanding in this matter and thank you in advance for your support.

Kind regards

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