



NUT / LEGUME ALLERGY STAFF FACT SHEET

An allergy is the over reaction of the body's immune system. Nut Allergies can be divided into two groups tree nut allergies and peanut/legume allergies. Some people may react to one group or the other, but it's more common to see an allergic reaction to both groups.

Tree nut allergies can be triggered by: almonds, Brazil nuts, cashews, chestnuts, filberts/hazelnuts, macadamia nuts, coconut, pecans, pine nuts (pignolia nuts), pistachios, and walnuts.

Peanut/Legume allergies can be triggered by: Peanuts, soy, and any type of bean/Legume.

Allergic reactions may include the following:

- Mild reactions: Sneezing, watery eyes, itching, nausea, runny nose, and rash.
- Moderate reactions: Hives (looks like blisters), asthma attack, vomiting and swelling at contact point.
- Severe reaction: Anaphylaxis (generalized tissue swelling which leads to blockage of airway) and Status Asthmaticus. These may lead to death.

Please keep in mind that the mild reactions are often the first seen but may progress.

If you have a student who has a reported allergy and is reported that they are having an allergy attack or you observe symptoms of an allergic reaction, please contact the Nurse via phone (5551 0279) as soon as possible. Keep the phone with you. Keep the student in the classroom and **STAY CALM**.

When you contact the Nurse please provide the following information:

- Student's Name, Year and Group.
- Your exact location
- What is going on, please be clear and state facts.

The nurse will arrive to the classroom as soon as possible. Please stay near as the nurse may need to direct you if the situation proves to be an emergency.



NUT / LEGUME ALLERGY POLICY FOR PARENTS

Because of the increase in nut allergies reported to the school in the past several years, we have decided to put a nut policy in place.

The Early Years and Primary School will be Nut Aware Zones. Students will be instructed not to share food items. Additional restrictions will be placed on classrooms and year groups at the discretion of the nursing staff on a case-by-case basis.

Information will be reinforced by form tutors and in assemblies.

Parents who report an allergen to nuts or legumes from a student will be required to keep at minimum an antihistamine and/or a epinephrine auto-injector (Epi-Pen or Twinject). The injector will be kept in the nurse's medication cupboard located in the sick bay in the Administration building.

Staff will be instructed on the appropriate response to allergic reactions as well as any medical/health issues that are pertinent to the school in the induction week of school.