

**RESPONSIBILITIES OF THE PARENTS OR GUARDIANS
OF A STUDENT WITH
FOOD ALLERGIES/ANAPHYLAXIS**

- _____ Inform the school nurse of your student's allergies prior to the opening of school (or immediately after a diagnosis).
- _____ Provide school a list of foods and ingredients to avoid. Check Fairfax County Public Schools (FCPS) web site to determine school food ingredient list www.fcps.edu/fs/food .
- _____ Provide the school public health nurse with medication orders from the licensed provider and up-to-date epinephrine auto injectors.
- _____ Participate in developing an Individual Health Care Plan/Procedure (IHCP/P) with the school public health nurse and provide annual updates on your student's health status.
- _____ Participate in team meetings or communicate with all staff members who will be in contact with the student (preferably before the opening of school) to discuss implementation of IHCP/P.
- _____ Leave a bag of "safe snacks" in your student's classroom so there is always something your student can choose from during an unplanned special event.
- _____ Provide a non-perishable lunch to keep in school, in case your student forgets lunch one day.
- _____ Be willing to provide safe foods for special occasions, e.g., bring in a treat for the entire class so that your student can participate.
- _____ Be willing to go on your student's field trips if possible and if requested.
- _____ Periodically teach your student to:
- Recognize the first symptoms of an allergic/anaphylactic reaction
 - Know where the epinephrine auto-injector is kept and who has access to the epinephrine
 - Communicate clearly as soon as she or he feels a reaction is starting
 - Carry and administer his or her own epinephrine auto-injector when appropriate
 - Never share snacks, lunches, or drinks
 - Read product labels to identify possible allergens
 - Understand the importance of hand washing before and after eating
 - Communicate the seriousness of his or her allergy and share information about his or her condition with other school staff members
 - Report teasing, bullying and threats to any adult authority
 - Take as much responsibility as possible for his or her own safety.

Remember – the ultimate goal is that students eventually learn to keep themselves safe.