

The School District Of Palm Beach County

Students with Life Threatening Health Conditions

Guidelines and Protocols Addendum for Policy #



Students with Life Threatening Health Conditions -	4
School District’s Responsibilities:.....	4
Family’s Responsibilities:	5
Student’s Responsibilities:	5
Multi-Disciplinary Team Approach	5
Comprehensive Protocols to Maintain the Safety & Health of Students R/T Allergies.....	6
Anaphylaxis	6
School Procedures to Address Life-Threatening Allergies	7
Classrooms	7
Field Trips.....	8
School Food Service	8
School Bus/Transportation	10
Environmental.....	10
After School Programs	10
Comprehensive Protocols to Maintain the Safety & Health of Students R/T Asthma	12
Asthma	12
School Procedures to Address Life-Threatening Asthmatic Episodes or Respiratory Distress.....	13
Classrooms	13
Field Trips.....	14
School Food Service.....	114
School Bus/Transportation	15
Environmental.....	15
After School Programs	16
Comprehensive Protocols to Maintain the Safety & Health of Students R/T Diabetes.....	17
Diabetes	17
School Procedures to Address Diabetic Emergencies.....	19
Classrooms	19
Field Trips.....	19
School Food Service.....	20
School Bus/Transportation	20

After School Programs	20
Comprehensive Protocols to Maintain the Safety & Health of Students R/T Epilepsy/Seizure Disorder ..	22
Epilepsy/Seizure Disorder	22
School Procedures to Address Epilepsy or Seizure Disorder Emergencies.....	23
Classrooms	23
Field Trips	24
School Food Service.	24
School Bus/Transportation	24
After School Programs.	25
References/Resources	26
Appendix: Sample Letter for Substitute.....	27

Students with Life Threatening Health Conditions - Guidelines and Protocols for PBC Schools

Chronic illnesses affect at least 10-15 percent of children in the United States. Students with chronic and life threatening conditions can function to their maximum potential if their needs are met. This can benefit the student and school by improving attendance, alertness and physical stamina, and having fewer restrictions in participating in school activities.

The following general guidelines will direct schools, students, and families in appropriate, evidenced based interventions to ensure student safety and access to the educational environment:

School District's Responsibilities:

- Develop and implement guidelines/protocols applicable to chronic illnesses for asthma, allergies, diabetes, epilepsy (seizure disorders), and other chronic or life threatening health conditions of students.
 - Include safe practices in the classroom and all school related activities.
 - Follow established standards of care and Federal laws.
 - Provide education of staff and students to promote acceptance.
 - Provide training for staff responding to emergencies and delegated nursing tasks.
 - Prohibit harassment, bullying, or teasing of students with life threatening health conditions.

Family's Responsibilities:

- Notify the school of the student's health needs and management and provide the physician's authorization for medication/treatment administration.
 - Participate in the development of the school health plan.
 - Authorize exchange of health information as appropriate for care in the school.
 - Provide supply of student's medication/treatment supplies.
 - Provide current emergency contact information.

Student's Responsibilities:

- Notify school staff about needs in managing his/her health condition/symptoms in the school environment.

Multi-Disciplinary Team Approach

Collaboration among school staff and parents will promote the best way to address and respond to a life-threatening health conditions in the school setting. The following staff (at a minimum) will be included in the multi-disciplinary team and provide support and guidance to the student:

- School principal
- School nurse, if available
- School food service director/staff
- Teachers and specialists (e.g., - art, music, science, computer)
- Guidance counselor
- Coaches/physical education teachers, after school staff
- Custodian
- Bus driver
- Other learning support staff and aides based on the student's curriculum and activities

Comprehensive Protocols to Maintain the Safety and Health of Students for Life Threatening Health Conditions R/T Allergies:

Anaphylaxis

(Life Threatening Medical Condition after Exposure to Specific Allergens)

The American Academy of Allergy, Asthma, and Immunology estimate that 1-2% of the population will experience an anaphylactic reaction from food allergies and insect stings, with a lower risk due to drugs and latex.

- Annually, approximately 100 deaths are caused by food-related anaphylaxis
 - Most common foods that cause allergic reactions
 - Peanuts
 - Tree nuts
 - Shellfish
 - Fish
 - Milk
 - Egg
 - Soy
 - Wheat
- Annually, approximately 50 deaths are caused by insect sting anaphylaxis
 - Most common cause of exposure
 - Insect nests
 - Open garbage
 - Outside eating areas

Key Aspects to Remember are:

- Anaphylaxis has recognizable signs and symptoms.
 - Respiratory
 - Coughing, wheezing, difficulty breathing
 - Difficulty swallowing, throat tightness
 - Skin
 - Hives, itching (of any body part)
 - Swelling (of any body part)
 - Change of color
 - Gastrointestinal
 - Vomiting, diarrhea, stomach cramps
 - Other
 - Red, watery eyes, runny nose
 - Dizziness, fainting, loss of consciousness
- Anaphylaxis management requires immediate treatment after contact of allergen.
 - **Epinephrine (adrenaline) injection is the treatment of choice**
 - All efforts directed towards its immediate use
- Anaphylaxis is preventable and treatable.
- Anaphylaxis management requires avoidance of allergen.

The Following Procedures Shall be in Place at School to Address Life-Threatening Allergies:

Classrooms – ensure a safe educational environment and safeguards for the protection of students with life threatening allergies.

1. Educate all teachers, aides, volunteers, substitutes and students about anaphylaxis.
2. Alert teachers and their substitutes of any student with allergies and review his/her emergency health care plan.
3. Prohibit the use of allergens related to a student's allergy in class projects, parties, holidays/celebrations, arts, crafts, science experiments, snacks, or other purposes.

4. Prohibit the sharing or trading of food in the classroom.
5. Promote proper hand washing technique by adults and students and tables/desks should be cleaned with only approved school district fluids and procedures.
6. Send letters to parents/guardians of classmates about the allergen (without identifying the student) explaining any prohibitions on food or other activity in the classroom.
7. Promote non-food items for rewards, birthday parties, and other celebrations.

Field Trips – ensure safe participation in all school-sponsored functions.

1. Inform relevant aspects of the student’s emergency health plan to participating school staff.
2. Plan in advance of field trip to make sure that needed services/precautions are available or in place while away from school.
3. Plan activities that take into account any life threatening allergies of students participating.
4. Train participating school staff in emergency responses relative to student’s needs to include administration of emergency medications.

School Food Service– ensure a safe cafeteria environment by reducing the chance of accidental exposure.

School Food Service Department Responsibilities*:

1. Each School Food Service Manager is required to become ServSafe certified which entails detailed training regarding safe food handling practices to include education on avoiding cross contamination with potential food allergens.
2. School Food Service employees will use non-latex gloves. Gloves will be changed frequently, and hands will be washed as necessary to avoid cross contamination with potential food allergens.
3. When provided, the School Food Service Manager and the School Food Service Department’s administrative office will maintain a list of students with food allergies that may result in an anaphylactic emergency.

4. The School Food Service Department's administrative office will review, identify potential food allergens, and maintain the ingredient profile for each item on School Food Service awarded food bids.
5. The School Food Service Department's administrative office will be responsible for appropriately communicating food allergen information to the School Food Service Manager when specific to a life-threatening situation.
6. When requested, a School Food Service representative will participate in the development of an IEP/504 plan as it relates to anaphylactic emergencies.
7. The School Food Service Manager will participate in in-service training(s) provided by the school nurse or registered nurse supervisor for students with life-threatening allergies including demonstration of Epinephrine use.
8. When a student is identified with a food allergy that may result in an anaphylactic reaction, with parental approval, the School Food Service Manager will enter student's allergy information into computerized data base. The information will be kept confidential and shared on a need-to-know basis in compliance with federal privacy regulations.
9. School Food Service employees will respond appropriately to all complaints/concerns from any student with a life-threatening anaphylactic emergency. The school nurse or administration will be contacted by the School Food Service employees for assistance.
10. For field trips only, meals for children with food allergies should be stored separately to minimize cross contamination. When requested by school administration, the School Food Service Manager will provide peanut-free entrées to all field trip attendees.
11. For in-classroom meal settings only, every consideration should be given to reduce or eliminate foods that potentially contain food allergens that will cause an anaphylactic emergency.

*Prepared by The School District of Palm Beach County, School Food Service Department

School Bus/Transportation - ensure safe transportation of students with life threatening allergies to and from school and to school-sponsored activities.

1. Advise bus drivers of students that have food and other allergies or symptoms associated with allergic reactions and how to respond appropriately.
2. Maintain the emergency communications systems on buses.
3. Consider assigned bus seating.
 - a. Students with allergies can sit at the front of the bus
 - b. Students with allergies can be paired with a “bus buddy”
4. Implement a no-food policy for the bus.

Environmental - ensure safe school environment for students with life threatening allergies.

1. Utilize district protocols for appropriate cleaning methods and fluids.
2. Provide ongoing cleaning of common areas:
 - a. Libraries
 - b. Computer labs
 - c. Music
 - d. Art rooms,
 - e. Hallways
 - f. Bathrooms
3. Avoid use of food products as displays or part of displays in hallways.
4. Provide guidelines for food fundraisers on school grounds.
5. Become an “asthma friendly” school.

After School Programs - ensure safe after school activities and safeguards for the protection of students with life threatening allergies.

1. Utilize procedures consistent with school policies.
2. Educate all after school staff about anaphylaxis.
3. Alert after school staff of any student with allergies and review his/her emergency health care plan.
4. Train after school staff in emergency responses relative to student’s needs to include administration of emergency medications.
5. Prohibit the use of allergens related to a student’s allergy in afterschool activities.

6. Do not allow sharing or trading of food in after school activities/classes.

Comprehensive Protocols to Maintain the Safety and Health of Students for Life Threatening Health Conditions R/T Asthma:

Asthma

(Life Threatening Lung Disease that makes it Difficult to Breathe)

The American Lung Association reports that approximately 6.8 million children have asthma and it is one of the leading health related causes for student absenteeism.

- Asthma accounts for about 14 million lost school days a year.
- Asthma is the third leading cause of hospitalization in children under the age of 15.

Key Aspects to Remember are:

- Asthma is a chronic disease and a student does not out grow it.
- Asthma cannot be cured but it can be controlled.
- Asthma episodes can happen at any time and can be life-threatening.
- Asthma triggers that most commonly start an episode.
 - Animals, bee/insect sting
 - Chalk dust, pollens, smoke
 - Dust mites, molds
 - Food, strong odors, latex
 - Exercise, change in temperature, respiratory infections
- Asthmatic episode warning signs:
 - Coughing, wheezing
 - Shortness of breath, chest tightness
 - Student hunched over
 - Student struggling to breathe

- Trouble walking or talking
- Lips or fingernails gray/blue
- Asthmatic episodes require immediate treatment and intervention.
 - Remain calm and reassure the student
 - Stop the student's physical activity
 - Remove the student from exposure to known trigger
 - Do not leave student alone
 - Follow student's Asthma Action Plan
 - Observe student to ensure he/she improves
 - Allow student to continue activity
 - Wheezing has resolved
 - No chest tightness, shortness of breath
 - Can speak in complete sentences
 - Can freely walk around
 - Peak flow rate is 80% or better

The Following Procedures Shall be in Place at School to Address Life-Threatening Asthmatic Episodes or Respiratory Distress:

Classrooms – ensure a safe educational environment and safeguards for the protection of students with asthma.

1. Educate all teachers, aides, volunteers, substitutes and students about asthma.
2. Alert teachers and their substitutes of any student with asthma and review his/her emergency Asthma Action Plan.
3. Reduce or eliminate chalk dust
4. Use fragrance-free markers
5. Reduce or eliminate exposure to classroom pets
6. Use odor-free cleaning chemicals approved by district
7. Use non-latex products, allow only mylar balloons

Field Trips – ensure safe participation in all school-sponsored functions.

1. Inform relevant aspects of the student’s emergency Asthma Action plan to participating school staff.
2. Plan in advance of field trip to make sure that needed services/precautions are available or in place while away from school.
3. Plan activities that take into account any asthmatic triggers of students participating.
4. Train participating school staff in emergency responses relative to student’s needs to include administration of student’s prescribed reliever medications.

School Food Service– ensure a safe cafeteria environment by reducing the chance of accidental exposure to asthma triggers.

School Food Service Department Responsibilities*:

1. Each School Food Service Manager is required to become ServSafe certified which entails detailed training regarding safe food handling practices to include education on avoiding cross contamination with potential food allergens.
2. School Food Service employees will use non-latex gloves. Gloves will be changed frequently, and hands will be washed as necessary to avoid cross contamination with potential food allergens.
3. When provided, the School Food Service Manager and the School Food Service Department’s administrative office will maintain a list of students with asthmatic episodes triggered by food.
4. The School Food Service Department’s administrative office will be responsible for appropriately communicating information to the School Food Service Manager specific to asthmatic episodes triggered by food.
5. When requested, a School Food Service representative will participate in the development of an IEP/504 plan as it relates to asthmatic episodes triggered by food.
6. The School Food Service Manager will participate in in-service training(s) provided by the school nurse or registered nurse supervisor for students with asthmatic episodes triggered by food.

7. When a student is identified with asthmatic episodes triggered by food that may result in respiratory distress, with parental approval, the School Food Service Manager will enter student's health information into computerized data base. The information will be kept confidential and shared on a need-to-know basis in compliance with federal privacy regulations.
8. For field trips only, when requested by school administration, the School Food Service Manager will provide entrées free of the food/s that may trigger asthmatic episodes to all field trip attendees.
9. For in-classroom meal settings only, every consideration should be given to reduce or eliminate foods that potentially trigger asthmatic episodes in students identified with asthma.

*Prepared by The School District of Palm Beach County, School Food Service Department

School Bus/Transportation - ensure safe transportation of students with asthma to and from school and to school-sponsored activities.

1. Advise bus drivers of students that have asthma, symptoms associated with asthmatic episodes and how to respond appropriately.
2. Maintain the emergency communications systems on buses.
3. Consider assigned bus seating.
 - a. Students with asthma can sit at the front of the bus
 - b. Students with asthma can be paired with a "bus buddy"
4. Maintain good air quality in the bus.

Environmental - ensure safe school environment for students with asthma.

1. Institute tobacco-free laws for schools and school property.
2. Use odor-free cleaning chemicals.
3. Institute a fragrance-free environmental policy.
4. Implement policy regulating animals on school property.
5. Become an "asthma friendly" school.

After School Programs - ensure safe after school activities and safeguards for the protection of students with asthma.

1. Utilize procedures consistent with school policies.
2. Educate all after school staff about asthma.
3. Alert after school staff of any student with asthma and review his/her emergency Asthma Action plan.
5. Train after school staff in emergency responses relative to student's needs to include administration of student's prescribed reliever medications.
4. Plan activities that take into account any asthmatic triggers of students participating.

Comprehensive Protocols to Maintain the Safety and Health of Students for Life Threatening Health Conditions R/T Diabetes:

Diabetes

(Life Threatening Disease that Impairs the Body's Ability to Use Food for Energy)

The American Diabetes Association reports that diabetes is one of the most common chronic childhood diseases.

- Diabetes effects 1 in every 450 young people or 186,300 under 20.
- Diabetes is the sixth-leading cause of death by disease in the U.S.

Key Aspects to Remember are:

- Diabetes cannot be cured but can be managed.
- Diabetes must be managed 24 hours a day, 7 days a week to prevent complications/emergencies.
- Diabetes requires careful monitoring of blood glucose (sugar).
 - Low blood glucose is the greatest immediate danger to student
 - Low blood glucose can occur as result of
 - Administering too much insulin
 - Skipping meals/snacks
 - Exercising longer/more intensely
 - High blood glucose can impair cognitive abilities and academic performance
 - High blood glucose can occur as result of
 - Administering too little insulin, pump malfunction
 - Eating food not covered by medication
 - Illness, stress, injury, emotional stress

- Diabetic students have common needs that must be addressed.
 - Free access to blood glucose monitoring
 - Before eating snacks or meals
 - Before physical exercise
 - With symptoms of blood glucose changes
 - Free access to insulin administration
 - Free access to restroom and water fountain
 - Flexible academic procedure during blood glucose changes
 - Diabetic hypoglycemia (low blood glucose/sugar) warning signs.
 - Shaky, sweaty, hungry, pale
 - Headache, sleepy, confused, disoriented
 - Irritable, nervous, inability to concentrate
 - Weak, lethargic, changed behavior
 - Inability to swallow, unconsciousness, convulsion
 - Diabetic hypoglycemia requires immediate treatment and intervention.
 - Monitor blood glucose levels closely
 - Administer student's quick-acting sugar product
 - Administer student's emergency medication if required
 - Diabetic hyperglycemia (high blood glucose/sugar) warning signs.
 - Increased thirst
 - Frequent urination
 - Nausea, blurred vision, fatigue
 - Diabetic hyperglycemia requires treatment and intervention.
 - Monitor blood glucose levels closely
 - Allow free and unrestricted access to water and restroom
 - Administer supplemental insulin per student's plan
-

The Following Procedures Shall be in Place at School to Address Diabetic Emergencies:

Classrooms – ensure a safe educational environment and safeguards for the protection of students with life threatening diabetic emergencies.

1. Educate all teachers, aides, volunteers, substitutes and students about diabetes.
2. Alert teachers and their substitutes of any student with diabetes and review his/her emergency health plan.
3. Provide accommodations for students with diabetes.
 - a. Allow snacks to manage blood sugar
 - b. Allow bathroom privileges
 - c. Allow access to drinking water
 - d. Allow monitoring of blood sugars
 - e. Allow administration of insulin
4. Recognize that a change in student's behavior could be a symptom of blood glucose changes.
5. Recognize the symptoms of blood glucose changes.
6. Respond to blood glucose changes as specified in the student's emergency health plan.

Field Trips – ensure safe participation in all school-sponsored functions.

1. Inform relevant aspects of the student's emergency health plan to participating school staff.
2. Plan in advance of field trip to make sure that needed services/precautions are available or in place while away from school.
3. Plan activities that take into account diabetic students participating.
4. Give parent/guardian's advance notice
5. Prepare for meal plan adjustments
6. Prepare for medication adjustments
7. Ensure student's supplies and snacks are brought along
8. Train participating school staff in emergency responses relative to student's needs to include administration of student's emergency medications.

School Food Service– ensure safe cafeteria and school environments.

School Food Service Department Responsibilities*:

1. Upon request from the School Nurse, the School Food Service Manager will provide up to five shelf stable 100% fruit juice cartons as well as up to five shelf stable emergency snacks to be available should a student encounter a life threatening diabetic emergency.
2. The School Food Service Department’s administrative office will review and maintain a comprehensive Carbohydrate and Fiber List document which will be distributed to the Health Care District of Palm Beach County and all school nurses for use when assisting families with meal planning who participate in the Child Nutrition Programs.
3. School Food Service employees will respond appropriately to all complaints/concerns from any student with a life-threatening diabetic emergency. The school nurse or administration will be contacted by the School Food Service employees for assistance.

*Prepared by The School District of Palm Beach County, School Food Service Department

School Bus/Transportation - ensure safe transportation of students with diabetes to and from school and to school-sponsored activities.

1. Advise bus drivers of students that have diabetes, symptoms associated with blood glucose changes and how to respond appropriately.
2. Maintain the emergency communications systems on buses.
3. Consider assigned bus seating.
4. Students with diabetes can sit at the front of the bus
5. Allow student with diabetes to eat on the bus

After School Programs - ensure safe after school activities and safeguards for the protection of students with diabetes.

1. Utilize procedures consistent with school policies.
2. Educate all after school staff about diabetes.
3. Alert after school staff of any student with diabetes and review his/her emergency health plan.
4. Train after school staff in emergency responses relative to student’s needs to include administration of student’s emergency medications.

5. Plan activities that take into account any needs of students with diabetes participating.
 - a. Provide nutritious snacks low in carbohydrate, sugar, and fat
 - b. Follow parent/guardian's meal and snack plan
 - c. Include student's supplies to treat blood glucose changes

Comprehensive Protocols to Maintain the Safety and Health of Students for Life Threatening Health Conditions R/T Epilepsy/Seizure Disorder:

Epilepsy/Seizure Disorder **(Medical Condition Producing Seizures that Effects Mental/Physical Function)**

The Epilepsy Foundation reports that seizure disorders causes social isolation and low self esteem in children.

- Epilepsy/seizure disorders affect 300,000 children under 15.
- Generalized seizures are more common in children under 10.

Key Aspects to Remember are:

- Seizures happen when the electrical system of the brain malfunctions.
- Seizure disorders increase the risk for academic underachievement.
- Seizure disorders may be time limited or long term.
- Seizures can last for seconds or minutes and have different symptoms.
 - Simple seizures
 - Lip smacking
 - Behavioral outbursts
 - Staring
 - Twitching
 - Generalized seizures
 - Sudden cry/squeal
 - Falling down, rigidity, stiffness
 - Thrashing, jerking
 - Loss of bowel/bladder control
 - Shallow breathing, blue lips, froth from mouth
 - Gurgling, grunting noise

- Loss of consciousness
- Seizures triggers most commonly recognized.
 - Failure to take medication as prescribed
 - Hormone fluctuations
 - Stress
 - Sleep patterns
 - Photosensitivity
- Seizure behaviors expected within minutes or hours post seizure activity
 - Tiredness, weakness
 - Sleeping, difficult to arouse, confusion
 - Regular breathing
- Seizures require immediate treatment and intervention.
 - Remain calm and reassure students nearby
 - Do not hold student down or try to stop his/her movements
 - Time the seizure
 - Clear area around student of any hard/sharp objects
 - Loosen clothing, place something flat and soft under student's head
 - Do not put anything in student's mouth

The Following Procedures Shall be in Place at School to Address Epilepsy or Seizure Disorder Emergencies:

Classrooms – ensure a safe educational environment and safeguards for the protection of students with seizure emergencies.

1. Educate all teachers, aides, volunteers, substitutes and students about epilepsy/seizure disorders.
2. Alert teachers and their substitutes of any student with epilepsy/seizure disorders and review his/her emergency health plan.
3. Provide accommodations for students with epilepsy/seizure disorders.
4. Recognize that a change in student's behavior could be a symptom of epilepsy/seizure disorders.
5. Recognize the symptoms of epilepsy/seizure disorders.

6. Respond to epilepsy/seizure disorders as specified in the student's emergency health plan.

Field Trips – ensure safe participation in all school-sponsored functions.

1. Inform relevant aspects of the student's emergency health plan to participating school staff.
2. Plan in advance of field trip to make sure that needed services/precautions are available or in place while away from school.
3. Plan activities that take into account students with epilepsy/seizure disorders who are participating.
4. Give the parent/guardians of the student with epilepsy/seizure disorder advance notice.
5. Train participating school staff in emergency responses relative to student's needs to include administration of student's emergency medications.

School Food Service– ensure safe cafeteria and school environments.

School Food Service Department Responsibilities*:

Not applicable

*The School District of Palm Beach County, School Food Service Department

School Bus/Transportation - ensure safe transportation of students with epilepsy/seizure disorders to and from school and to school-sponsored activities.

1. Advise bus drivers of students that have epilepsy/seizure disorder symptoms and how to respond appropriately.
2. Maintain the emergency communications systems on buses.
3. Consider assigned bus seating.
4. Students with epilepsy/seizure disorders can sit at the front of the bus.
5. Students with epilepsy/seizure disorders should be assigned a "bus buddy" to notify the bus driver/attendant in case of seizure.

After School Programs - ensure safe after school activities and safeguards for the protection of students with epilepsy/seizure disorders.

1. Utilize procedures consistent with school policies.
2. Educate all after school staff about epilepsy/seizure disorders.
3. Alert after school staff of any student with epilepsy/seizure disorder and review his/her emergency health plan.
4. Train after school staff in emergency responses relative to student's needs to include administration of student's emergency medications.
5. Plan activities that take into account any needs of students with epilepsy/seizure disorders who are participating.

References/Resources

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Centers for Disease Control and Prevention information for school food allergy

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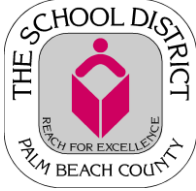
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Accessed March 7, 2011

Appendix: Sample Letter for Substitute



School Letterhead

The students listed below in this class have severe life-threatening health conditions.

Please maintain the prevention strategies that we have developed to protect these students.

The Emergency Care Plan (ECP), which states who has been trained to administer any emergency medication needed, is located _____.

Student	Life-threatening Health Condition
_____	_____
_____	_____
_____	_____
_____	_____

Please treat this information confidentially to protect the privacy of the students.

Your cooperation is essential to ensure their safety. Should you have any question, please contact the school nurse _____, or the principal _____.

Classroom teacher