

# Rocklin Unified School District

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September 24, 2013

Rocklin Unified School District  
Support Services Department  
2615 Sierra Meadows Drive  
Rocklin, CA 95677

RE: Severe Allergies

Dear Principals:

The purpose of this communication is to provide direction to staff regarding severe allergies, including nut allergies. As you know, the community's awareness and sensitivity to nut allergies has been heightened due to an incident in July where a Sacramento teenager succumbed after being exposed to a peanut product.

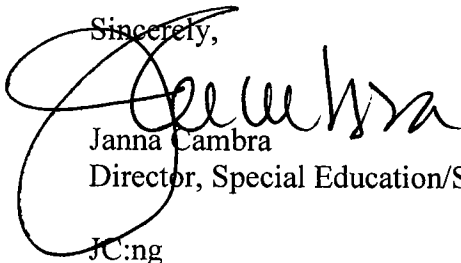
Rocklin Unified prides itself in being pro-active where our students' health and safety are concerned. While we do not have a policy of being a "peanut free" environment, we do advocate that schools promote awareness and prevention when working with nut allergies. Strategies that may be utilized by schools include:

- Create a table or tables inside the cafeteria that are "no nut" tables. Only students that do not have nut products may eat at the table(s).
- Know your students. Identify which students have severe allergies and use district Licensed Vocational Nurses (LVN) and the Health Services Supervisor to develop Health Care Plans for specific children. Know where the health care plans are kept.
- Though nut allergies are more common, understand that there are more allergies than nut allergies. Other common allergies are to milk, egg, soy, wheat, fish, and shellfish.
- Know the signs of a serious allergic reaction. Including:
  - Flushing, itching, and swelling of the face, lips, tongue, or mouth
  - itching and/or a sense of tightness in the throat, hoarseness, difficulty breathing, and/or swallowing
  - hives, itchy rash, and/or swelling about the face or body
  - nausea, abdominal cramps, and/or vomiting
  - shortness of breath, repetitive coughing, and/or wheezing
  - faint, rapid pulse, low blood pressure
  - light headedness, feeling faint, collapse
  - distress, anxiety, and sense of dread

- Encourage students with life-threatening allergies to:
  - not trade or share food
  - wash hands or use disposable wipes before and after eating
  - learn to recognize symptoms of an allergic reaction and notify an adult immediately if a reaction is suspected
  - promptly inform an adult as soon as accidental exposure occurs
  - not eat anything with unknown ingredients
  - develop a habit of always reading ingredients before eating food
- Ask Parents/Guardians of students with life threatening allergies to:
  - assist the school in the prevention, care and management of their child's food allergies and reactions
  - foster independence on the part of their child – based on his/her developmental level
  - inform the school in writing of your child's allergies prior to the opening of school
  - request a meeting with the school health assistant or district licensed vocational nurse to develop an Emergency Health Care Plan
  - provide the school with a Medication Administration Authorization Form
  - provide the school with an up-to-date epinephrine injector and other necessary medications
  - provide the school with updates on your child's allergy status
  - periodically check medications for expiration dates and replace medications as needed
  - consider a MedicAlert bracelet for your child
  - inform others such as bus drivers, after-school program coordinators, and coaches concerning your child's allergy

If you have specific questions concerning allergies, or how to treat allergies, please feel free to ask your school health assistant, the Licensed Vocational Nurse assigned to your school, or the Health Services Supervisor.

Sincerely,



Janna Cambra  
Director, Special Education/Support Programs

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