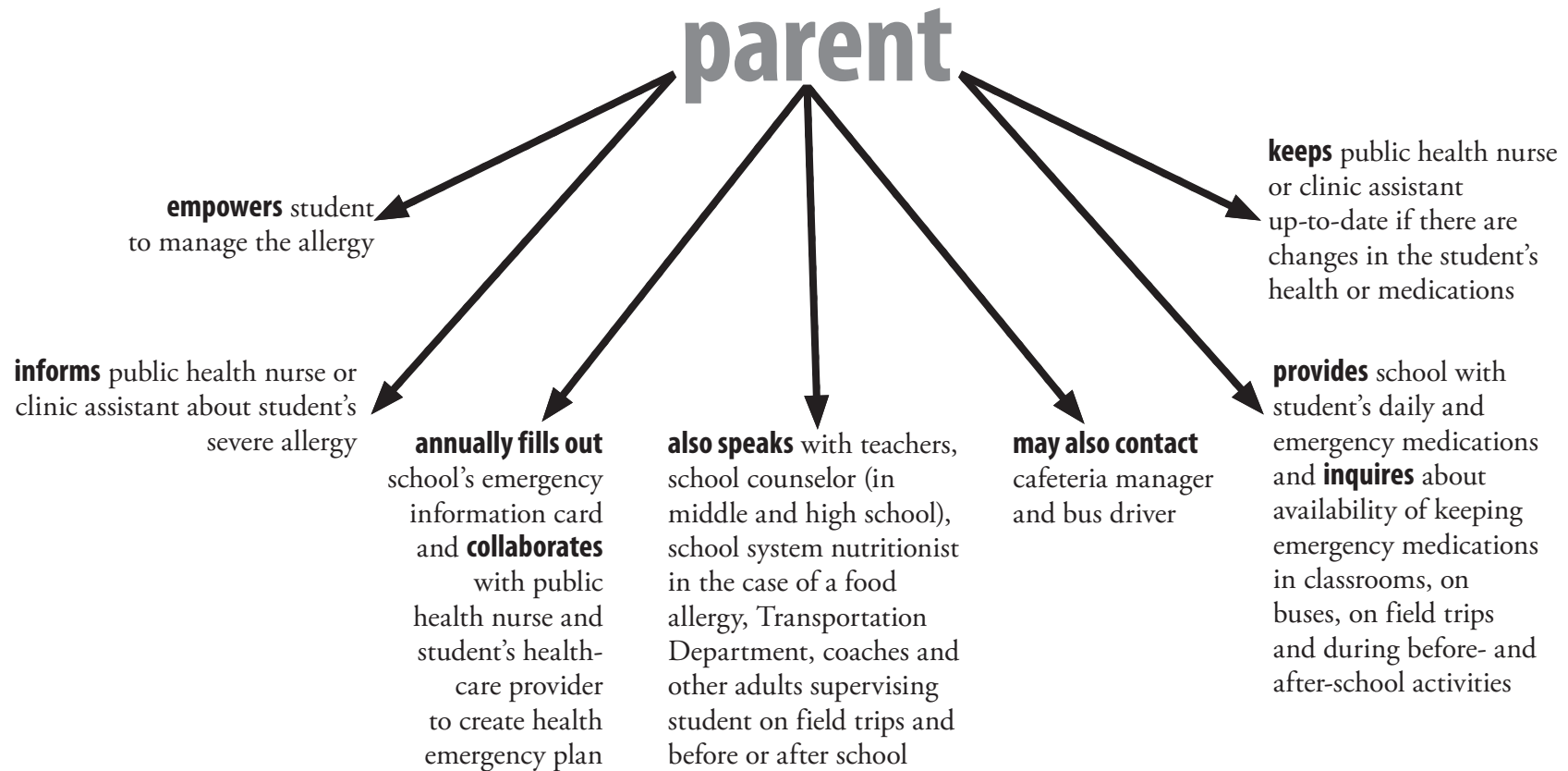


It starts with the parent ★ managing severe allergies in Chesterfield County Public Schools ★

Additional information is available at chesterfield.k12.va.us.



Managing severe allergies

Providing a safe, supportive and nurturing environment is a goal of Chesterfield County Public Schools. This includes preventing and managing severe allergic reactions so that all students can fully and safely participate in school activities.

Allergic reactions are an immune-system hypersensitivity to a particular substance called an allergen. For many allergic individuals, exposure to an allergen results in mild symptoms. But for some people, allergic reactions can be life threatening.

Go to chesterfield.k12.va.us for more information about how schools and parents work together to keep students with severe allergies safe.

Helpful phone numbers

Chesterfield County Public Schools ► 748-1405

Chesterfield County Health Department
School Health Services ► 748-1633

Transportation Department of Chesterfield
County Public Schools ► 748-1656

Nutritionist for Chesterfield County Public
Schools ► 743-3728

Environmental Health and Safety for
Chesterfield County Public Schools ► 318-8048

Parent-Teacher Resource Center for Chesterfield
County Public Schools ► 279-7311

Responsibilities of parents/guardians

It starts with the parent. Parents/guardians of a student with a severe allergy are key to the process of keeping their child safe at school. They are at the center of developing a plan that works for their child.

- Empower the student to manage his/her allergy, making sure he/she is knowledgeable about
 - allergens.
 - first symptoms of allergic/anaphylactic reaction.
 - the importance of hand washing before and after eating.
 - strategies for avoiding exposure to the allergen (including not sharing or trading food, if allergen is a specific food).
 - how and when to tell an adult that he/she may be having an allergy-related problem.
 - self-administration of medication, if ordered by student's health-care provider.
- Promptly complete Chesterfield County Public Schools emergency information card **annually**.
- Collaborate with the public health nurse and student's health-care provider to create a health emergency plan for the student. Using guidelines from the public health nurse, talk with the student's health-care provider to make sure all appropriate measures are in place.
- If you suspect your child may have a disability, ask your child's teacher, counselor or administrator for a referral to consider eligibility for 504 or special education services.
- Contact **annually** about the student's severe allergy
 - student's teachers.
 - student's school counselor in middle and high school.
 - the school system's nutritionist, providing physician documentation of food allergies. When student eats school breakfasts or lunches, use the cafeteria's online payment system because it lessens the chances of the student buying food he/she is allergic to.
 - school system's Transportation Department.
 - coaches and other adults supervising the student on field trips and during before- or after-school activities.
- May also speak with cafeteria manager and bus driver.
- Provide the school with all daily and emergency medications prescribed by the student's health-care provider, following school system medication administration policies. Keep medications up to date.
- Inquire about the availability of keeping emergency medications in classrooms, on school buses, on field trips and during before- and after-school activities.
- Communicate any changes in the student's health or medications to principal, public health nurse, clinic assistant, teacher and other staff members.
- Notify the public health nurse if the student will transfer during the school year to another Chesterfield school.