



## NEWS RELEASE

January 2003

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### **Field Trips with Food Allergic Children**

#### **Tips for Parents**

Keep yourself up-to-date on upcoming special events in your child's school. The more time you have to plan ahead, the better.

Remember that you and your child's teacher need to work together as a team to keep your child safe. Role-play with your child and practice what your child should do if a reaction is occurring. What to do if your child starts to have a reaction? Oftentimes children are reluctant to mention that they're having symptoms for fear of creating a scene. Teach your child to be persistent that, in the event of a reaction, rapid treatment is essential.

After the event, briefly call or meet with your child's teacher to discuss what went well and what, if anything should be changed in the future. Be sure to give praise for a job well done; a thank-you note reinforces the idea of teamwork and builds a positive atmosphere.

#### **Tips for Educators**

Update the food-allergic student's Food Allergy Action Plan. Ask the parents to review the Plan you have on file and note any updated information. Also ask parents to check the expiration dates on any medications.

Review the Food Allergy Action Plan with regard to the upcoming event. Find out where the nearest hospital is, and discuss a student would be transported there in case of an emergency.

Brief the staff and chaperones that will be supervising students during the event or trip. Identify the food-allergic student, discuss what foods must be avoided, explain the symptoms of an allergic reaction, and review the Food Allergy Action Plan. Designate a staff member to check the safety of any food served to that student.

The day of the event or trip, carry the food-allergic student's medications wherever the student goes. In the case of a severe allergic reaction, known as anaphylaxis, speedy access to medications can be the difference between life and death. Keep all staff and chaperones informed about who will be carrying the student's medications.

Carry a cell phone to place emergency calls, if necessary. Make certain all staff and chaperones know where the phone will be kept.

Take all complaints seriously. If a food-allergic student notifies the staff that he or she is not feeling well, compare the symptoms with those listed on that student's Food Allergy Action Plan. If the student is having an allergic reaction, activate emergency procedures immediately. Remember, if epinephrine is administered but not needed, the student may experience increased heart rate and nervousness. If epinephrine is needed but not administered, the student may experience a severe or fatal allergic reaction.

Source: <http://www.foodallergy.org>