Montgomery County Public Schools
Guidance for Support of Students with
Potentially Life-threatening Food Allergies

Food allergies are a chronic health condition of growing public health concern. As 8% of U.S. children, or 1 out of 13 students[1] is diagnosed with a food allergy, school staff will likely encounter this common health condition. There is no definitive cure for food allergies and symptoms may vary greatly between individuals, or differ for a specific individual over time. Since a severe allergic reaction ("anaphylaxis") can be life threatening, children with diagnosed food allergies at risk for anaphylaxis must be supported in strict avoidance of the food allergen and have a plan for emergency management of an accidental exposure. Maryland law requires local education agencies and health departments to work together to reduce the risk for students with anaphylactic food allergies. In August 2023, the Maryland State Department of Education (MSDE) and the Maryland Department of Health (MDH) released new guidelines on "Management of Anaphylaxis in Schools", which outlines both the management of anaphylaxis and strategies to reduce exposure risk in school settings to the nine most common "major" food allergens[2].

The following guidance was developed in partnership with the Montgomery County Department of Health and Human Services, School Health Services Program, and informed by the Center for Disease Control and Prevention's *Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs* and joint guidance issued by MSDE/MDH, *Management of Anaphylaxis in Schools*. Management of a student's anaphylactic food allergy is a team effort among principals and staff members, health care staff, students and families.

I. Definitions

A. Food Allergy - A condition in which people experience a specific type of reaction when coming into contact with certain foods. The reaction is caused by the immune system's reaction to certain proteins in the trigger food, and can include symptoms such as:

1. Rash or red, itchy skin
2. Stuffy or itchy nose or sneezing
3. Itchy or tearing eyes
4. Vomiting, stomach cramps or diarrhea
5. Swelling under the skin, commonly of the eyes or mouth but which may occur elsewhere in the body

[1] U.S. Department of Health and Human Services & Centers for Disease Control and Prevention, *Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs,* 9, available at: https://www.cdc.gov/healthyschools/foodallergies/pdf/20_316712-A_FA_guide_508tag.pdf

[2] For more information about major allergens, see https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens

B. Food Intolerance - Individuals with a food sensitivity or food intolerance have difficulty digesting a specific food. Typical symptoms include intestinal gas, abdominal pain or diarrhea. Food intolerance reactions do not involve the immune system and are different from food allergies. Individuals may avoid symptoms by eliminating the food from their diet, but will not experience life-threatening anaphylaxis if accidentally exposed. Food intolerance can cause serious medical complications like weight loss or poor growth over time.

C. Anaphylaxis - A serious response that often involves swelling, hives, difficulty breathing, lowered blood pressure and in severe cases, shock. In most cases, anaphylaxis is caused by an allergic reaction.

D. Anaphylactic allergy - An allergy due to food or another type of allergen that causes a severe, systemic reaction resulting in circulatory collapse or shock that may be fatal. Not all allergic reactions to food cause a severe, anaphylactic reaction.

E. Major Food Allergens - The nine major food allergens identified in Maryland Education Code 7-426 (2023) include:

1. Milk
2. Eggs
3. Fish
4. Crustacean shellfish
5. Tree nuts
6. Wheat
7. Peanuts
8. Soybeans; and
9. Sesame

II. Roles & Responsibilities

A. District - The Office of the School System Medical Officer or other superintendent designee will:

1. Establish systemwide guidelines for management of food allergy in collaboration with the Montgomery County Department of Health and Human Services (DHHS) in accordance with MSDE/MDH guidance on Management of Anaphylaxis in Schools
2. Work collaboratively with DHHS School Health Services staff and other subject matter experts as needed to support professional development about food allergies and their management for MCPS staff; support role-specific professional learning with the Department of Transportation and Division of Food and Nutrition Services
3. Collaborate with DHHS School Health Services staff to maintain schools' stock of epinephrine auto-injectors in accordance with local policy
4. Ensure communication protocols are in place for:
    - Notification about individual students' food allergies and support plan when appropriate to staff members supporting the student, including those who may be required to support the student in an emergency
    - Notification to parents/caregivers/students of district guidelines around food allergy and anaphylaxis prevention, to include the use of stock auto-injectable epinephrine for possible allergy emergencies

- Informing outside public or private individuals, groups, and entities holding functions on school grounds about district expectations for reducing accidental exposures to anaphylactic food allergies, including use and cleaning of common areas

B. Division of Food and Nutrition Services (DFNS)
    1. Create standard procedures for identifying children with food allergies to DFNS staff. Procedures must follow FERPA requirements and limit unnecessary disclosure of the student's health condition to other children or the public.
    2. Establish a process for tracking student food allergies and preventing anaphylactic exposure in school nutrition programs
    3. Establish and promote safe food handling practices by food services staff to prevent cross contamination with major food allergens
    4. Support district procedures to protect students with food allergy by communicating guidance for food-service approved vendors
    5. Support professional development on food allergy management for school-based DFNS staff to include preventing exposure to major food allergens, and recognizing and responding to food allergy emergencies
    6. Designate staff to coordinate with school nurse, and other school staff as necessary to make reasonable meal modifications so students with food allergies have the opportunity to participate in school nutrition programs
    7. Provide sample menus including major allergen information for parents to use in planning.
    8. Support collaboration with principal or designee to coordinate accommodations for students if implementation of the student's Emergency Care Plan (ECP), Individualized Health Care Plan (IHCP), or Section 504 plan requires additional assistance from school-based DFNS staff.

C. Department of Transportation
    1. Implement district-level guidelines to reduce the risk anaphylactic exposure to major food allergens and responding to possible allergic reactions on school-provided transportation
    2. Support professional development on food allergies for school bus teams and supervisors including general awareness training and district-level procedures for recognizing and responding to food allergy emergencies
    3. Designate staff to coordinate with school nurse, and other school system staff as necessary to oversee daily management of student food allergies and prepare school staff to respond to food allergy emergencies
    4. Support collaboration with principal or designee to coordinate accommodations for students if implementation of the student's ECP, IHCP, or Section 504 plan requires the assistance of bus operators or bus attendants.

D. Principal responsibilities
    1. Implement district-level guidelines to reduce the risk of exposure to major food allergens in classrooms, common areas of the school, and for school-sponsored activities;
    2. Lead school planning for managing food allergies and maintaining a safe and healthy school environment;

3. Support professional development on food allergy management for school staff;
4. Coordinate with school nurse, cafeteria manager, and other school system staff as necessary to oversee daily management of student food allergies and prepare school staff to respond to food allergy emergencies;
5. Communicate to parents and students about what measures the school is taking to avoid exposure to food allergens, 504 accommodations and their applicability to students with anaphylactic allergies, and the availability and use of stock epinephrine auto-injectors in the event of a life-threatening allergic reaction

E. Parents/Caregivers

1. Provide the school with complete and accurate medical information related to the student's allergies and anaphylaxis history
2. Collaborate with the school nurse to develop the plan of care for the student at risk for anaphylaxis including completion of health forms required for student support
3. Supply and maintain at least one non-expired epinephrine auto-injector device as ordered by the student's health care provider
4. MCPS Form 525-14, *Emergency Care for the Management of a Student with a Diagnosis of Anaphylaxis*, authorizes the use of the student's individual epinephrine auto-injector or other medications as ordered by their health care provider
5. MCPS Form 240-23, *Special Dietary Needs Form*, informs DFNS staff of the students' food allergies or other special nutritional or feeding needs, (e.g., medical diets for celiac disease or diabetes)

III. Procedures

A. Planning for Management of Food Allergies in Individual students

1. Individual Health Care Plan
   - When a parent/guardian notifies the school of their student's severe/anaphylactic food allergy, the school nurse should develop an individual health care plan (IHCP) to accommodate that student's specific needs in accordance with Montgomery County DHHS School Health Services requirements
   - The principal or designee should support the school nurse in development of the student IHCP and facilitate collaboration with the student's parents/guardians to create a plan that meets the student's needs
2. 504 Accommodations
   - If a student's severe food allergy can be considered a disability under Section 504 of the Rehabilitation Act or other civil rights laws, the principal or designee should engage other staff members as needed to initiate an evaluation under Section 504 to determine eligibility under Section 504.
   - If a student is eligible under Section 504 and requires the provision of accommodation to access their education and extracurricular activities, then school members will work in partnership with the family to develop and implement Section

504 plans consistent with legal requirements, Board of Education policies and MCPS regulations.

3. Information Sharing
    - The principal or designee should establish and implement a plan to inform the student's teachers and other staff as appropriate, of the accommodations put in place to address the student's anaphylactic food allergy.
    - School staff members shall share a student's medical information regarding anaphylactic food allergy only as needed to ensure the safety of the student.
    - In the event of an unexpected staff absence, the principal or designee should develop and implement a plan for informing substitute staff about the accommodations.

B. Support of Students with Anaphylactic Food Allergies
    1. The principal or designee will implement strategies to reduce exposure risk to anaphylactic food allergens in any student occupied areas of the school (See Table 1) and during school-sponsored activities in which students are offered food (see Table 2)
    2. Students with anaphylactic food allergy are not excluded from snack time, MCPS sponsored extracurricular activities, or class field trips because of their food allergy
    3. School staff take measures to reduce stigma, harassment, and bullying related to food allergy.
        - Food allergy is a medical condition protected under federal law against discrimination and harassment
        - Avoid unnecessarily disclosing a child's food allergy unless necessary for their health and safety
        - Follow established procedures for bullying prevention and response when students are treated negatively because of their food allergy
        - Avoid unnecessarily stigmatizing students with food allergies by separating them from peers at meals only if supported by their parent/caregiver; the purpose of allergen safe eating areas is to protect children from accidental exposure through shared foods or when requested based on the student's individual medical or exposure history; older children more independent in their food allergy management may be able to safely eat with peers

C. Responding to Food Allergy Emergencies
    1. Procedures for emergency use of auto-injectable epinephrine and responding to a possible allergy emergency are outlined in MCPS Regulation JPD-RB, *Emergency Care for Students Experiencing Anaphylaxis*
    2. MCPS Regulation JPD-RB also describes procedures for training, documentation and reporting of administration, and authorization of student self-administration of epinephrine auto-injectors

ATTACHMENTS

A. Best Practices for Reducing the Risk of Exposure to Food Allergens in School Environments
B. Section 504 Accommodations for Life Threatening Allergies
C. Sample Notice to Classroom Parents - Food Allergy Classroom Safety
D. Sample Universal Handout - Supporting Students with Food Allergy

REFERENCES

Maryland HB78: https://mgaleg.maryland.gov/2023RS/Chapters_noln/CH_770_hb0078e.pdf

MCPS Regulation JPD-RA - Health Care for Children and Staff with Allergies
https://ww2.montgomeryschoolsmd.org/departments/policy/pdf/jpdra.pdf

MCPS Regulation JPD-RB - Emergency Care for Students Experiencing Anaphylaxis
https://ww2.montgomeryschoolsmd.org/departments/policy/pdf/jpdrb.pdf

MSDE/MDH Management of Anaphylaxis in Schools (August 2023)

Section 504 Protections for Students with Food Allergies (ed.gov)

Centers for Disease Control and Prevention:

Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs

Food Allergies in Schools Toolkit

Food Allergy Research And Education (FARE) (https://www.foodallergy.org/)

Bullying Prevention: It's Not a Joke campaign and other anti-bully resources

Food Allergy Education and Awareness: Classroom Posters

Online training for school staff: Food Allergies: Keeping Students Safe and Included

Back to School Resource Hub, 10 Essential Back to School Resources

Attachment A

Best Practices for Reducing the Risk of Exposure to Food Allergens in School Environments

Table 1 - Reducing Risk in Specific School Environments

School-Wide	● Establish and communicate no-eating policies in areas where food would not be appropriate, such as computer labs and media centers ● Ensure staff members are familiar with building procedures to respond to a possible food allergy emergency and that epinephrine auto-injectors and trained staff are available to respond during the school day and school-sponsored activities
Classrooms	● Consider designated allergy-friendly seating arrangements ● Consider methods to prevent cross-contact of food allergens from lunches and snacks stored in the classroom (e.g., assigned cubicles) ● Avoid the use of identified allergens in class projects, parties, holidays and celebrations, arts, crafts, science experiments, cooking, snacks, or rewards; Modify class materials or activities as needed ● Help students with food allergies read labels of foods so they can avoid ingesting hidden food allergens. ● Encourage children to wash hands before and after handling or consuming food. ● Include information about children with known food allergies, their Emergency Care Plan, and emergency procedures for responding to a food allergy emergency in instructions to substitute teachers
Cafeteria	● Designate a table/area in the cafeteria during lunch periods that are free of the allergens of student users with an anaphylactic food allergy; communicate guidelines for who may use and accompany students eating in these areas (accompanying individuals must also have a meal free of their peer's allergen) ● Wash all tables and chairs with soap and water or all-purpose cleaning agents before each meal period ● Encourage children, school staff, and volunteers to wash hands before and after handling or consuming food ● Designate an allergen-safe food preparation area ● Be prepared to share food labels, recipes, or ingredient lists used to prepare meals and snacks with others ● Report mistakes such as cross-contact with an allergen or errors in the ingredient list or menu immediately to administrators and parents

School Buses	• Do not allow food to be eaten on buses except by children with special needs according to their Emergency Care Plan • In the event of an anaphylactic reaction, bus operators and bus attendants should follow transportation emergency protocols, including notifying the dispatcher immediately, who will call 911. • If implementation of the student's Emergency Care Plan or Section 504 plan requires the assistance of bus operators or bus attendants, the principal or designee should work with DOT to coordinate accommodations for the student and train bus operators or bus attendants on the relevant portions of the student's Emergency Care Plan or Section 504 plan.
Table 2 - Reducing Risk in Other Situations	
Snacks	• If the classroom has regular snack times, parents/guardians should be informed of accommodations for students in their child's classrooms without any reference to a particular child, and asked to discourage their own children from sharing their snacks with other students. A sample letter is provided (Attachment C) • Discourage students from trading or sharing snacks • Ensure that all backup snacks are available that are allergen safe for all students. Support parents of children with food allergies who wish to provide safe snack items for their child in the event of unexpected circumstances • If school staff members become aware that another student in the classroom has a snack containing anaphylactic food allergens of other students in the classroom, school staff members should intervene to reduce the possibility that the student with the allergy comes into contact with the snack
Extracurricular Activities	• In any school where a student with an anaphylactic food allergy participates in a MCPS sponsored after-school activity, ensure at least one individual on site is trained by the school nurse on recognizing the signs and symptoms of anaphylaxis; on the appropriate use an epinephrine auto injector, and on MCPS emergency procedures to call 911

Field Trips	● When planning a field trip, determine if the location is safe for children with food allergies ● Identify special needs before field trips or events. ● Provide advance notification of field trips to the parents/guardians of the student and the school nurse. ● Invite, but do not require, parents/guardians of students with food allergies to accompany their child in addition to the regular chaperone ● Package meals and snacks appropriately to prevent cross-contact ● When ordering field trip lunches from the MCPS Division of Food and Nutrition Services (DFNS), request meals that do not contain identified anaphylactic food allergens ● Plan eating situations to limit exposure of the student to identified anaphylactic food allergens, such as following recommendations for snacks if eating in an enclosed space. ● Encourage children to wash hands before and after handling or consuming food. ● If the student has a prescribed epinephrine auto-injector stored for their use at school, ensure that a designated staff member is trained by the school nurse to carry and administer the epinephrine auto-injector. The staff member should be familiar with the student's Emergency Care Plan, and MCPS emergency procedures. Assign the student to the designated staff member's group for field trip activities. ● If the student's parents/guardians have not provided an epinephrine auto-injector to be kept at school, consult with the parents/guardians and school nurse about field trip procedures.
Special Events	● Provide advance notice to the parents/guardians of the student with an anaphylactic food allergy when food will be provided for a classroom party and permit them to provide a safe alternative treat for the student ● Require that any food provided for classroom parties be store-bought, labeled, and contained in a sealed package. Discourage ordering food from restaurants because food allergens may be present, but unrecognized Consider reminding parents/caregivers of food allergy accommodations for students in their child's classrooms without any reference to a particular child

Section 504 Accommodations for Life Threatening Allergies

Below is a non-exhaustive list of recommended accommodations that schools should consider as reasonable accommodations for students *with an IHCP or a Section 504 plan* for anaphylactic food allergy. If parents/guardians do not want one of these accommodations for the student, the school should work with the parents/guardians to consider whether there are alternative accommodations that may be feasible. These accommodations do not replace MCPS procedures to provide emergency care for students experiencing anaphylaxis, set forth in MCPS Regulation JPD-RB, *Emergency Care for Students Experiencing Anaphylaxis,* or as specified by the student's authorized health care provider.

Note: Every accommodation listed on this sheet WILL NOT be necessary to include on a student's Section 504 plan. These accommodations should be discussed during the Section 504 Eligibility meeting.		
****Remember that accommodations must be based on the major life activities that are affected by the impairment.** -		
Classroom Accommodations:	**Staff Member responsible**	**Location**
Train/inform all staff working with the student of the emergency care plan for anaphylaxis; train designated staff according to requirements of plan. Training done by the School Nurse.	School Nurse	all locations
Provide all staff working with the student with a copy of the student's 504 Plan, IHCP, and ECP.	Case Manager School Nurse	all locations
In the event that a substitute is required, trained staff will be made available [e.g. instruction, recess or lunch]. Substitutes will also be provided with a copy of the student's 504 plan, IHCP, and ECP.	Administration Case Manager	all locations
High School only *(*This needs to be discussed with administration prior)*: Access to allergen free eating space	Administration Case Manager	designated location
Train adult staff responsible for the student to carry and administer the student's epinephrine auto-injector so that it is immediately available. Transfer autoinjector from trained adult to trained adult throughout the school day. Training done by the School Nurse. *Create a plan to communicate precautions to substitute staff including provision for trained adult staff support.*	School Nurse	all locations
No extra food should be given to the student unless parents/guardians grant consent and health room staff is informed. Additional details should be specified on MCPS Form 240-23, Special Dietary Needs Form, and submitted to DFNS	All staff	all locations

Classroom Accommodations:	**Staff Member responsible**	**Location**
Parents/guardians and health staff are to be provided with 48 hours advance notice prior to food being served outside of established routine during the regular school day.	All staff	all locations
Access to gloves and wipes at any time	All staff	all locations
Designated workspace free of allergens in each classroom environment	All staff	all locations
Provide alternate classroom materials if they include: list allergens	All staff	all locations
Student has access to their own materials that is not shared with other students	All staff	all locations
Storage place in the classroom where safe snacks/special treats can be kept for the student on special occasions.	All staff	all locations
Transportation accommodations		
Train bus team working with the student on the emergency care plan for anaphylaxis. Training done by the school nurse.	*Bus Team* *School Nurse*	*school bus*
Provision of a safety device to ensure epinephrine auto-injector is secured when student is on the bus	*Bus Driver* *School Nurse*	*school bus*
Designated assigned seating near the front of the bus so the bus driver can monitor the student	Bus Team	school bus
Field Trip, Extracurricular activity accommodations	**Staff Member responsible**	**Location**
Trained school staff must be available for all school sponsored activities who are trained on the student's Emergency Care Plan and Epipen. School Nurse will facilitate training.	Trained Adult Support School Nurse Administrator	all locations
Parent/guardian or designated adult will be given advance notice, and has the first right of refusal to attend. Parent/Designated adult is not part of the staffing matrix and is only responsible for the student and their medical care.	Case Manager	all locations
Access to allergy friendly snacks if snacks are being provided to all students.	Case Manager Administrator	all locations

Attachment C

Sample Notice to Parents:
Food Allergy Classroom Safety

(Insert Date Here)

Dear Parents/Caregivers,

This letter is to inform you that we have at least one student in your child's classroom who has a severe food allergy to _____. With a severe food allergy, exposure in any form (skin contact or ingestion) to the substance can result in a serious and life-threatening allergic reaction called anaphylaxis.

For the safety of our students we request your help with these classroom precautions:

- Please be mindful when selecting snacks that your child brings to class to help us limit the chances of an accidental exposure to _____.
    - Because very serious allergic reactions are most commonly caused by peanuts or tree nuts, if there is a child with this type of allergy, we ask parents to avoid providing classroom snacks that contain or may contain traces of peanuts or tree nuts.
- For classroom celebrations, any food intended for sharing should be pre-packaged and include an ingredient label. Please give these items to your child's teacher for distribution. We encourage celebrating special occasions with non-food items such as stickers, pencils, themed erasers, or other trinkets, rather than food.
- Please caution your child to not share food with other classmates, to maintain an allergy safe environment, and continue to reinforce handwashing before and after handling food.

Thank you in advance for making the class environment a safe and healthy place for all our students. By working together, we can make a difference for our children.

Kind regards,
(Principal's Signature)

Attachment D

Montgomery County Public Schools
Supporting Students with Food Allergy

Food Allergy Basics

- Food allergies are common, occurring in 1 of 13 children in the United States
- Allergic reactions to food can range from mild to life-threatening symptoms that require emergency medical treatment
- Because severe allergic reactions can occur very quickly, preventing exposure to food allergens is very important
- Everyone has a role in maintaining a safe school environment

Food Allergy Safety at School

- We ask staff and students to follow basic precautions to help us maintain an allergy safe environment. This includes hand washing before and after handling food and avoiding sharing food as that may result in an accidental exposure.
- All MCPS school health rooms stock emergency epinephrine auto-injectors which will be administered if someone may be experiencing a life threatening allergic reaction
- For more information about food allergy safety, see the MCPS Guidance for Support of Students with Potentially Life-threatening Food Allergies and MCPS Regulation JPD-RB, *Emergency Care for Students Experiencing Anaphylaxis*.

Students with a Diagnosed Food Allergy

If your student has a known food allergy, school staff will work with you to plan for your student's safety at school and during school-sponsored activities. This Food Allergy Back-to-School Checklist can help you prepare for this process.

Every school year, we ask that you complete this emergency care form with your student's health care provider. This form instructs school staff on how to act if a student is exposed to their allergen or shows signs of an allergic reaction. If your student is prescribed auto-injectable epinephrine ("EpiPen" or other brand), this form includes the provider's order so we can keep and administer your child's emergency medication at school.

The Special Dietary Needs form informs food services staff about how to support students with food allergies or other special nutritional needs, if they require modified school meal services. Some students with food allergy may be eligible for Section 504 accommodations.

Where can I find out more?

For more information about food allergies, or about a specific food, check out www.foodallergy.org (English/Spanish).

Who can I contact about Section 504 and possible accommodations?
For more information regarding Section 504, check out https://www.montgomeryschoolsmd.org/departments/studentservices/Section-504/.

If your child already has an IEP, any required accommodations will be part of that planning process. For more information regarding food allergies and requesting accommodations under your child's current IEP, please contact your child's special education case manager and school health nurse.

https://www.foodallergy.org/

BACK 2 SCHOOL FARE

Back to School with Food Allergies Checklist

Getting ready for school can be overwhelming. FARE has compiled lists of who to talk to, what documents you need and how to best prepare you and your child with food allergies for a confident return to school this year.

- ○ Meet with your child's teacher, school nurse, cafeteria manager and other staff (e.g., coach, band director).
- ○ Be clear on the school's guidelines for managing students with food allergies.
- ○ Discuss your child's needs throughout the school day in different areas, including the classroom, cafeteria, playground and school bus.
- ○ Ask if cafeteria staff have been trained on safe food preparation for food allergies.
- ○ Share your child's emergency care plan with everyone who comes in contact with him or her
- ○ Work with the school to develop a Section 504 Plan, or other written food allergy management plan
- ○ Know who is trained to give your child's medication in the event of an emergency.
- ○ Determine if guidelines like no food sharing or handwashing after eating or handling food can be implemented in the classroom.
- ○ Discover where food will be kept, where your child will eat and who will oversee meals or snacks.
- ○ Ask to be given advanced noticed about field trips and other events
- ○ Deliver your child's emergency care plan and medication(s) on or before the first day of school.
- ○ Remind your child to avoid eating any food whose ingredients are unknown, such as home-baked goods.
- ○ Check-in with your child's teacher(s) to see how things are going.
- ○ Always be on the lookout for signs that your child might be experiencing bullying or teasing because of his or her food allergy.
- ○ Share resources, like those found on FARE's Back-to-School Headquarters, with your child's school

Anexo C

(Sample Notice to Parents:)
Seguridad ante las alergias alimentarias en el aula

(Insert Date Here)

Estimados padres/cuidadores,

Esta carta es para informarles que tenemos al menos un estudiante en el aula de su hijo/a que tiene una alergia alimentaria intensa a _____. Con una alergia alimentaria intensa, la exposición a la sustancia en cualquier forma (contacto con la piel o ingestión) puede resultar en una reacción alérgica grave y potencialmente mortal llamada anafilaxia.

Para la seguridad de nuestros estudiantes, solicitamos su ayuda con estas precauciones en el aula:

- Por favor, tenga esto en cuenta al seleccionar bocadillos o meriendas que su hijo/a trae a la clase para ayudarnos a limitar las posibilidades de una exposición accidental a _____.
    - Debido a que las reacciones alérgicas más graves son causadas por el maní (cacahuate) o frutos secos (diferentes tipos de nueces), si hay un niño/a con este tipo de alergia, pedimos a los padres que eviten proporcionar bocadillos o meriendas para el aula que contengan o puedan contener trazas de maní o frutos secos.
- Para las celebraciones en el aula, cualquier alimento destinado a compartir debe ser preenvasado e incluir una etiqueta de ingredientes. Por favor, dé estos artículos al maestro/a de su hijo/a para su distribución. Animamos a celebrar ocasiones especiales con artículos no alimentarios como calcomanías o pegatinas, lápices, gomas de borrar temáticas u otras cositas, en lugar de comida.
- Por favor, advierta a su hijo/a que no comparta alimentos con otros compañeros de clase, para mantener un ambiente seguro ante las alergias, y continúe reforzando el lavado de manos antes y después de manipular los alimentos.

Gracias de antemano por hacer del ambiente de la clase un lugar seguro y saludable para todos nuestros estudiantes. Al trabajar juntos, podemos hacer una diferencia para nuestros hijos.

Saludos cordiales,
(Principal's Signature)

Anexo D

Escuelas Públicas del Condado de Montgomery
Cómo apoyar a los estudiantes con alergias alimentarias

Conceptos básicos de las alergias alimentarias

- Las alergias alimentarias son comunes y ocurren en 1 de cada 13 niños en los Estados Unidos
- Las reacciones alérgicas a los alimentos pueden variar de síntomas leves a potencialmente mortales que requieren tratamiento médico de emergencia
- Debido a que las reacciones alérgicas intensas pueden ocurrir muy rápidamente, prevenir la exposición a los alérgenos alimentarios es muy importante
- Todos tienen un papel en el mantenimiento de un ambiente escolar seguro

Seguridad ante las alergias alimentarias en la escuela

- Pedimos al personal y a los estudiantes que sigan las precauciones básicas para ayudarnos a mantener un ambiente seguro ante las alergias. Esto incluye lavarse las manos antes y después de manipular los alimentos y evitar compartir los alimentos, ya que puede resultar en una exposición accidental.
- Todas las salas de enfermería de las escuelas de MCPS disponen de autoinyectores de epinefrina de emergencia que se administrarán si alguien puede estar experimentando una reacción alérgica potencialmente mortal
- Para obtener más información sobre la seguridad ante las alergias alimentarias, consulte la Orientación de MCPS para el Apoyo de Estudiantes con Alergias Alimentarias Potencialmente Mortales y el Reglamento JPD-RB de MCPS, *Atención Médica de Emergencia para Estudiantes que Experimentan Anafilaxia*.

Estudiantes con una alergia alimentaria diagnosticada

Si su estudiante tiene una alergia alimentaria diagnosticada, el personal de la escuela trabajará con usted para planificar la seguridad de su estudiante en la escuela y durante las actividades patrocinadas por la escuela. Esta Lista de verificación de regreso a clases para las alergias alimentarias puede ayudarle a prepararse para este proceso.

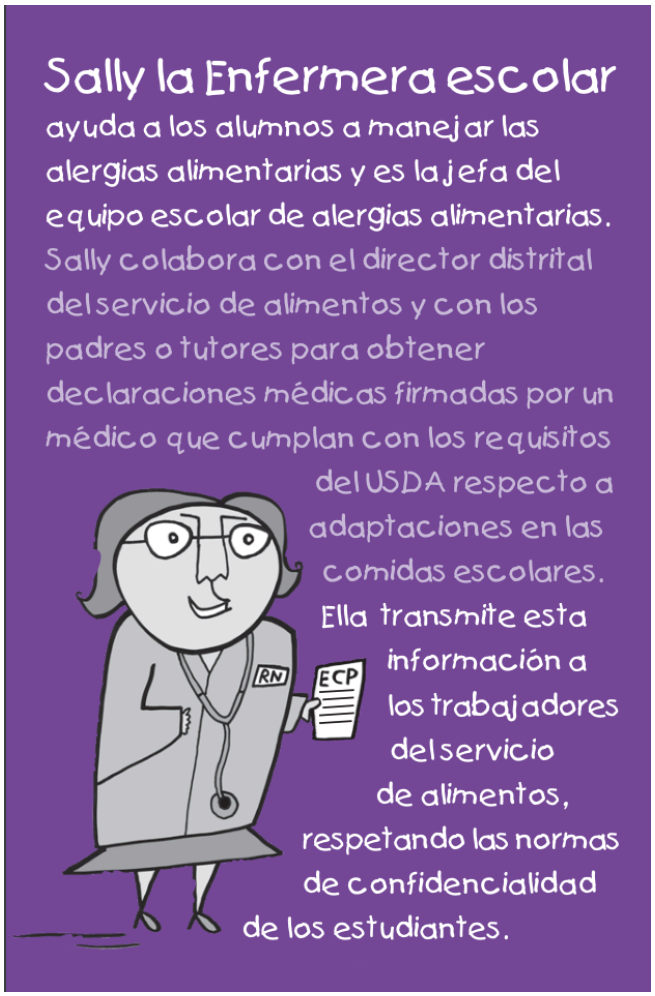
Cada ciclo escolar, pedimos que complete este formulario de atención médica de emergencia con el proveedor de atención médica de su estudiante. Este formulario instruye al personal de la escuela sobre cómo actuar si un estudiante está expuesto a su alérgeno o muestra signos de una reacción alérgica. Si a su estudiante se le receta epinefrina autoinyectable (“EpiPen” u otra marca), este formulario incluye la orden del proveedor para que podamos mantener y administrar los medicamentos de emergencia de su hijo/a en la escuela.

El Formulario de Necesidades Alimentarias Especiales informa al personal de servicios de alimentos sobre cómo apoyar a los estudiantes con alergias alimentarias u otras necesidades nutricionales especiales, si requieren servicios de comidas escolares modificados. Algunos estudiantes con alergias alimentarias pueden ser elegibles para adaptaciones de la Sección 504.

¿Dónde puedo encontrar más información?
Para obtener más información sobre las alergias alimentarias, o sobre un alimento específico, visite www.foodallergy.org (Inglés/Español).

¿A quién puedo contactar sobre la Sección 504 y posibles adaptaciones?
Para obtener más información sobre la Sección 504, consulte https://www.montgomeryschoolsmd.org/departments/studentservices/Section-504/.

Si su hijo/a ya tiene un Plan Educativo Individualizado (Individualized Education Plan, IEP), cualquier adaptación requerida será parte de ese proceso de planificación. Para obtener más información sobre las alergias alimentarias y solicitar adaptaciones bajo el IEP actual de su hijo/a, comuníquese con el administrador de casos de educación especial de su hijo/a y la enfermera/o escolar.





Alergias a los alimentos: lo que el personal de la escuela debe saber