LIFE-THREATENING ALLERGIES IN LEXINGTON SCHOOLS:

What Parents Need to Know

EpiPen prescriptions and parent permission must be renewed at the beginning of each school year.

Field trips: EpiPens go on all Field Trips. Benadryl does not.

Best practice protocol: If a child with a known LTA has ingested the food allergen, and has one allergic symptom, she/he will be treated with an EpiPen.

9-1-1 will be called and the child will be taken to the ER for observation.

Reducing Exposure: You may want to consider sending wipes to school with your child. Teach them to wash their hands and cover the eating surfacebefore eating.

If your child will be buying food in the cafeteria:

* + Review menu choices on the Whitson’s Menu website
	+ Help your child make “safe” choices to avoid an accidental exposure. *For younger students*: Please consider providing a daily/monthly menu (downloaded from Whitson’s Menu website) with highlighted “safe” food choices for your child to be kept on file for your child.
	+ Teach your child to never buy anything without knowing the ingredients first and to remind cafeteria staff of his/her allergy

The Whitson’s Menu website can be found on the LPS Home Page, click on Food Service Program. Click on Menu, and then find your child’s school’s menu. By clicking on the day, and then menu item, nutrient analysis is available, to include allergens. Contact information regarding food ingredients may be found on the website. Here is the Whitson’s Menu website:

<http://schools.whitsons.com/ma/lexington-public-schools?page=menu>

The Lexington Public Schools Life Threatening Allergies Policy may be found at:

<http://lps.lexingtonma.org/cms/lib2/MA01001631/Centricity/Domain/201/LPS_SC_Policies/SC_LifeThreateningAlergiesNov11.pdf>

If you have any additional questions or concerns, please contact your child’s school nurse.