



## Allergy Alert – Risk Minimisation Strategies

Please take the time to read the following information carefully.

Chelsea Heights Kinder believes that the safety and well being of all children is important. We also believe it is a whole community responsibility.

We have adopted the Early Learning Association Australia's Anaphylaxis policy to promote the safety and well being of any children at risk. The policy was developed in consultation with the Department of Allergy and Immunology at The Royal Children's Hospital Melbourne, The Department of Education and Training (DET), and Anaphylaxis Australia. Inc. The Policy reflects the Education Care and Services National Regulations (2011) and National Quality Standard, Quality Area 2 Children's Health and Safety regarding the management of anaphylaxis. The document is on the Chelsea Heights Kinder web site. Parents of children at risk of anaphylaxis will be given a copy of the policy.

This policy and the risk minimisation strategies apply whether or not there is a child at risk attending Chelsea Heights Kinder. However a sign will be on the notice board advising the kinder community that a child or children at risk of anaphylaxis are attending the kindergarten in 2016

The most common causes of allergy in young children are eggs, peanuts, tree nuts, cows milk, bee and other insect stings, and some medications. The most severe form of allergic reaction is anaphylaxis. This is a life threatening reaction which can develop within minutes of exposure to the allergen. However with planning and training a reaction can be treated effectively by using an adrenaline auto-injector device ( an EpiPen® or Anapen ®) Signs and symptoms include:

- hives or welts
- a tingling feeling in or around the mouth
- abdominal pain, vomiting or/and diarrhea
- facial swelling
- cough or wheeze
- difficulty in swallowing or breathing
- loss of consciousness or collapse, breathing stops
- pale and floppy (young children )

Each child at risk will have an ASCIA action plan for anaphylaxis completed by a doctor. If a reaction is suspected, an ambulance will be called and the action plan for anaphylaxis followed. If a child who has not been diagnosed as allergic but appears to be having an anaphylactic reaction an ambulance will be called and first aid will commence including the use of the kinder's emergency EpiPen®.

Staff have undertaken approved Anaphylaxis Management Training in recognition of the signs and symptoms of an allergic reaction and administration of the adrenaline auto-injector and have completed an accredited First Aid course. Staff participate in yearly training updates including practise scenarios of the action plan for anaphylaxis and with adrenaline auto-injector trainers. Staff also practise quarterly with an adrenaline auto injector trainer – an EpiPen® trainer. Staff undertake annual training in CPR (Cardio Pulmonary Resuscitation)

In any kindergarten that is open to the general community it is not possible to achieve a completely allergen free environment. As a community we need to employ a range of procedures and risk minimisation strategies to reduce the risk of a child having an anaphylactic reaction including strategies to minimise the presence of the allergen in the Kindergarten. We ask that the kinder community be diligent in supporting the risk minimisation strategies.

- **Identification of children at risk:** a photo with the child's name, group, brand of adrenaline auto injector device /expiry date and ASCIA action plan for anaphylaxis and their red kit bag with their photo, name, group, brand and expiry date of adrenaline auto injector device will be on the wall near the kitchen door. Please familiarise yourself with this information when you are on duty.
- **Epi-Pen®/Anapen ®:** each child who has been prescribed an adrenaline auto injector device – an Epi-Pen® /Anapen ® can only attend kinder when their Epi-Pen® /Anapen ® is at the kindergarten. On excursions the Epi-Pen® /Anapen ® goes with the teacher in charge.
- **Snack-time:** we promote healthy eating habits and the drinking of water.
- please provide your child with a named drink bottle with water only in it and in a named container, a healthy snack such as fresh fruit, raw vegetables, crackers and cheese, a sandwich
- ***Please do not pack egg, nuts, peanut butter and nutella sandwiches, hummus dip or snacks that may contain peanut butter, nutella, sesame seeds and nut products,***
- ***These items are potentially dangerous for our at risk children.***
- Please ensure your child has a nutritious breakfast /lunch before coming to kinder as snack time is just a snack
- In the event of the allergen being brought to kinder we will:
  - wash the child's hands and face
  - thoroughly clean the child's table and chair
  - inform the parent of the child at risk
  - inform the parents of the child who brought the products.
- **Washing hands and faces:** if your child has had a peanut butter or nutella sandwich or hummus dip before coming to kinder please wash all traces of food from hands, face and clothes. Children will wash hands before eating and parents before any food handling or preparation.
- **Reinforcement:** we ask that parents reinforce the message we will be giving at kinder:
  - eat from your own lunchbox,
  - do not put food in anyone else's lunchbox and
  - do not give anyone food out of your own lunchbox.
  - We will read storybooks especially written about children with allergies and safety procedures to educate all the children in our care.
- **Birthday treats:** we ask that only natural confectionary be supplied as birthday treats for our kinder friends. The children at risk will have their own birthday treats in a labelled box in the kitchen. Staff will supervise any treats given to children.
- **Events:** for the cooking program, parties and events involving food, staff will liaise with parents of children with allergies to ensure that all products are safe for their children.
- **Art and craft:** please do not send egg cartons or any boxes that may have contained nut products.

We thank you for your co-operation as we work together to put these strategies in place to promote the safety and well being of all our kinder children.