

# Recommendations

## Allergy Tabletop Exercise

Under both state and federal law, schools must provide and implement reasonable accommodations to reduce the risk of students' exposure to agents that may cause anaphylaxis, including but not limited to exposure that may occur in classrooms, cafeterias, and common areas, and during extracurricular activities, field trips, school-sponsored programs occurring before and after regular school hours, and other school-sponsored programs.

Colorado law requires all schools to have a policy for the management of food allergies and anaphylaxis among students, and to provide notice of the policy to a parent or legal guardian of each student enrolled in a school prior to the beginning of each school year. The notice must include the standard form developed by the Colorado Department of Public Health and Environment to allow the parent or legal guardian of a student with a known food allergy to provide the following information to the school's administration:

- Documentation regarding the diagnosis and history of the student's food allergy;
- Identification of all foods to which the student is known to be allergic;
- Identification of any medication that has been prescribed for the student for the treatment of a food allergy or anaphylaxis;
- Any specific signs or symptoms that may indicate the student is having an allergic reaction to a food;
- Emergency treatment procedures to employ in the event that the student suffers an allergic reaction to food;
- The names and telephone numbers of persons whom the administration of the student's school should contact in addition to emergency medical personnel in the event that the student suffers an allergic reaction to food; and
- The name, telephone number, and signature of the student's primary health care provider.

The notice must also include language that encourages parents and legal guardians of students for whom medication has been prescribed for treatment of a food allergy or anaphylaxis to give to the school nurse or other administrator of the student's school a supply of the medication.

The management of food allergies and anaphylaxis in the school setting shall be a collaboration between the school, parents, healthcare practitioner, and student, as appropriate.

The principal, in consultation with the school nurse, shall determine the recipients of emergency anaphylaxis treatment training, including appropriate staff directly involved during the school day with a student who has a known food allergy. The training provided must provide a basic understanding of food allergies and the importance of reasonable avoidance of agents that may cause anaphylaxis, the ability to recognize symptoms of anaphylaxis, and the ability to respond appropriately in the event of the student experiencing anaphylaxis including how to administer an epinephrine auto-injector if delegated. The training shall also include awareness of the ability of the student to carry and self-administer an epinephrine auto-injector.

Colorado law allows students to carry and self-administer asthma and anaphylaxis medication.

It also allows schools to acquire and maintain a stock supply of epinephrine auto-injectors for use in emergency anaphylaxis events that occur on school grounds.