



Information about food allergies

for parents of all children

Davis Joint Unified School District is concerned about the health and well-being of all our students. It is our goal to bring allergy awareness and understanding to our school community.

Roughly 1 in 13 students in the U.S. has a food allergy, or roughly two students in every classroom. In addition, 25% of reactions occur among students without a previously known allergy. For students with food allergies, even a tiny amount of the food they are allergic to can cause anaphylaxis, a severe, life-threatening allergic reaction.

Although anyone who has a food allergy can experience anaphylaxis, the foods most likely to cause a severe reaction are peanuts, tree nuts, fish and shellfish. People who have both asthma and a food allergy are at greater risk for anaphylaxis.



Most common food allergies:

- Peanuts
- Tree nuts (walnuts, almonds, etc.)
- Milk
- Egg
- Soy
- Wheat
- Fish, and shellfish

Recognize Symptoms

- Hives (reddish, swollen, itchy areas on the skin)
- Itchy mouth or ear canal
- Nausea, vomiting, diarrhea or stomach pain
- Slight, dry cough
- Odd taste in mouth
- Obstructive swelling of the lips, tongue, and/or throat
- Trouble swallowing
- Shortness of breath, wheezing, or turning blue
- Drop in blood pressure (faintness, confusion, weakness, passing out)
- Loss of consciousness
- Chest pain

Severe symptoms, alone, or in combination with milder symptoms, may be signs of anaphylaxis and require immediate medical treatment.



Reduce Risks

*Children with food allergies need support from **all of us** to ensure their safety and inclusion.*

- Use non-food incentives for prizes, gifts, and fundraisers.
- Work to make events safe for all students. Do not exclude children with allergies.
- Talk to your child about the seriousness of food allergies. Express that it is never okay to tease students about an allergy.
- Have ingredient information readily available for all pre-packaged and/or catered food items brought to school.
- Read all information sent home about children with food allergies in your child's classroom. Contact your child's teacher with questions.

Easy tips:

- To prevent accidental contact, consider avoiding peanut or tree nut products for snacks and lunches.
- Encourage hand washing before and after eating, especially when eating potential allergens.
- Talk about the importance of not sharing food.
- Avoid identified allergens in class parties, crafts, etc.



Epinephrine is the only medication that can reverse the symptoms of anaphylaxis. It comes in an auto-injector (Auvi-Q™, EpiPen® or Adrenaclick®).

Epinephrine is stored in the school office. If you suspect that a child is having an allergic reaction at school, please tell the child's teacher and/or get the child to the office as soon as possible. Teachers and office staff are trained to use these medications at the first sign of an allergic reaction and will call 911.

The student should always go to an emergency room for further treatment, even if symptoms appear to resolve after epinephrine is administered.