

Severe Allergy and Asthma Information

Welcome to Lakes!

I want to provide you with some information regarding students with serious allergies and/or asthma. For each school year, please provide both an **emergency action plan and the medication administration form** completed by both the medical provider and the parent/guardian so we can work with you to keep your student safe. **We strongly encourage our students with severe allergies and/or asthma to always carry their medications (epinephrine autoinjectors/ inhalers) with them while on campus and field trips/extracurricular activities.** Our school does not have undesignated inhalers so students must provide their own. We do have extra epinephrine in the nurse's office to be used when a student doesn't have theirs readily available. However, some families opt to have the student carry one autoinjector and leave one in my office. Some families opt for their student to leave autoinjectors/inhalers in the nurse's office. It is safer for the student to carry their epinephrine autoinjector/inhalers with them as our campus is big and there can be a delay in getting to his/her location should an emergency arise. We ask the epinephrine autoinjector and/or inhaler be kept in the front pocket of the backpack or in an easily accessible place.

As far as school safety with medical issues, we have a general health emergency guideline sheet posted by each emergency exit sign which reminds staff of basic steps with asthma attacks, allergic reactions, diabetic crises and seizures. Our cafeteria has a nut-free table available should your student prefer. Also, throughout the building in classrooms cafeteria, offices, etc are wipes that can be used to clean an area to help avoid potential contact to an allergen/contaminant. Finally, we have a medical alert system in Infinite Campus so your student's teachers will also be aware. We also strongly encourage students to learn to advocate for themselves reminding coaches and friends that they are allergic to certain foods and/or have asthma.

The students were given a tour of the building so he/she should know where to find the nurse's office. Please reassure them I am here during the school day if they need anything. We ask students to always have someone walk with them if they think they may have been exposed to their allergen or if they are feeling wheezy. If they are having an allergic reaction or severe asthma attack, we ask them to self-treat immediately. If it's an emergency, 911 will be called without the delay of finding the nurse.

If you have any questions, please let me know. If you would feel more comfortable meeting in person and talking through this, let me know and we can arrange a time..

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