

Dear Parents:

This letter is to inform you that we have a student in our class room that has a life-threatening food allergy. The student has an allergy to **Peanuts/Tree Nuts**.

These foods, even in trace amounts, may cause a severe reaction (anaphylaxis) that can lead to death. The following symptoms may occur: hives, difficulty breathing, vomiting and diarrhea, swelling of the lips, mouth, and throat, itching and sneezing, loss of consciousness, and death due to shock. Even touching contaminated surfaces may cause a reaction. School staffs have been trained to recognize such a reaction and to administer medication (epinephrine) in an emergency.

Here are a few suggestions for you as parents:

- Never take food allergies lightly; they can be serious and life-threatening.
- Ask your child's friends what they are allergic to and help them to avoid it.
- Tell your child, "**DO NOT SHARE FOOD.**"
- Frequent hand washing reduces the spread of viruses during the school year and helps protect food allergic students. Wash hands thoroughly after eating. Similarly, encourage good hygiene before and after-school. If your child had peanut butter for breakfast please have them wash their hands. Wash hands and surfaces before handling text books, computers or school equipment.
- Tell your child to get help from an adult **immediately** if a schoolmate has a reaction.
- **PLEASE DO NOT SEND ANY PRODUCTS WITH PEANUTS/TREE NUTS FOR SNACK OR PARTIES.**
- **Check the bottom of the ingredient label to see if it may contain peanut/nut products or was processed in a peanut/nut factory.**

Please refer to the list of Peanut/Nut-Free Snacks and also an example of a store label with ingredients listed to help you. If you have any questions please call the Health Room at (360) 619-1505.

Thank you!

LeeOni McKee
South Ridge Elementary
Health Assistant