

## **Holy Trinity Paulton**

### **Allergy and Anaphylaxis Policy**

#### INTRODUCTION

Holy Trinity Church Paulton is undergoing the process of minimising risks and developing an anaphylaxis management policy to ensure that all members of our church community are working together to provide a safe environment for all children and families and those affected by severe allergy.

**While we aim to reduce the risks associated with allergies it cannot be guaranteed that the Church is 'free' of any particular product or that risk is entirely eliminated.**

#### BACKGROUND INFORMATION

Anaphylaxis is a life-threatening allergic reaction. Up to five per cent of children are at risk. Young children may not be able to express the symptoms of anaphylaxis. Young children are also at risk because they may react to something that they have not previously been exposed to and therefore have no pre-existing diagnosis. A reaction can develop within minutes of exposure to the allergen, but with planning and training, a reaction can be treated effectively by using an adrenaline auto-injector called an EpiPen®.

#### COMMON TRIGGERS

Milk, eggs, peanuts, tree nuts (hazelnuts, cashews, almonds), soybean, wheat, fish and shellfish are the most common food triggers which cause 90% of allergic reactions. However, any food can trigger anaphylaxis, as can bee or other insect stings and some medications. It is important to understand that even trace amounts of food can cause a life-threatening reaction. Some extremely sensitive individuals can react to even the smell of a food (e.g. fish)

#### SIGNS AND SYMPTOMS

The signs and symptoms of anaphylaxis may occur almost immediately after exposure. Rapid onset and development of potentially life threatening symptoms are characteristic markers of anaphylaxis.

Allergic symptoms may initially appear mild or moderate but can progress rapidly. The most dangerous allergic reactions involve the respiratory system (breathing) and/or cardiovascular system (heart and blood pressure).

#### COMMON SYMPTOMS

##### **Mild to moderate allergic reaction**

- Tingling of the mouth
- Hives, welts or body redness
- Swelling of the face, lips, eyes

## **Severe allergic reaction- ANAPHYLAXIS**

- Vomiting, abdominal pain
- Difficulty and/or noisy breathing
- Swelling of the tongue
- Swelling or tightness in the throat
- Difficulty talking or hoarse voice
- Wheeze or persistent cough
- Loss of consciousness and/or collapse
- Pale and floppy (young children)

### AIM OF POLICY

- Provide a safe environment for children, families and leaders
- Minimise the risk of an anaphylactic reaction occurring during church activities
- Ensure that we respond appropriately to an anaphylactic reaction
- Partner with those affected and facilitate communication to ensure the safety and wellbeing of all people at risk of anaphylaxis

### PROCEDURES

#### Communication

All rooms where we hold activities are to have the following displayed:

- How to administer the EpiPen® chart
- Food handling plan
- Common Symptoms

Leaders to be notified of people at risk where possible.

Other people within that gathering to be notified of the known allergens and asked to assist in minimising risk.

Develop and communicate Risk Minimisation Plan to all leaders for people known to be at risk.

#### Risk Minimisation

All rewards to be non-edible.

Strongly discourage bringing food to church.

No sharing food policy.

Only food served during occasions where the children are in the care of the parents

Where a person is identified as at risk, all craft materials etc. used will be checked for any known allergens – ie egg cartons/yoghurt containers.

Food not to be mixed when serving

People encouraged to use plates and napkins to prevent crumbs

Ingredients lists for foods to be readily available.

## **General Emergency Process:**

1. One leader to stay with affected person and another to call an ambulance by dialling 999
2. Another leader to contact the parents/guardian if applicable
3. Commence first aid measures
4. Contact the person to be notified in the event of illness if parent/guardian cannot be contacted
5. Complete an Incident Report Form once the emergency is over

## **Food handling plan**

- 1. Retain all packaging or ingredients list for food and drinks being served**
- 2. Serve food on separate plates**
- 3. Wash hands between handling each item to prevent contamination**
- 4. Encourage use of plates and napkins to prevent crumbs**