



Food Allergy Guide

The American International School is an Allergy Aware School and caring for our students' health and safety is our top priority.

A food allergy is when the body's immune system reacts strongly to certain foods. A very serious reaction is called anaphylaxis. It can happen quickly and may be life threatening even from ingesting small amounts.

The most common foods that cause allergies are:

Milk



Peanuts



Eggs



Tree Nuts



Wheat



Fish & Shellfish



Soy



Prevention Measures

AIS is a *Peanut and Nut Aware School*. Nuts, peanuts, or any products containing them are **NOT allowed**.

- **Nut-Free Zones:** Student's classroom will be a "Nut Free Zone".
- **Food Sharing:** Students are not allowed to share food or snacks.
- **Hand Washing:** Students are encouraged to wash hands before and after eating.
- **Class Activities:** Staff avoid using identified allergens in class projects and experiments.
- **Trained Staff:** Staff are trained to recognize signs of allergic reaction and administer epinephrine if needed.

What parents and caregivers can do:

- Inform the school nurse of any allergies (even for minor allergies).
- Educate children about avoiding allergens.
- Pack allergy safe lunch and snacks.

Symptoms of Anaphylaxis

Early recognition of symptoms saves lives. The symptoms of an anaphylactic reaction include:



Throat tight, hoarse, trouble breathing/swallowing



Mouth significant swelling of the tongue and/or lips



Heart pale, blue, faint, weak pulse, dizzy



Lung short of breath, wheezing, repetitive cough



Skin many hives over body, widespread redness



Gut repetitive vomiting, severe diarrhea



Mental feeling something bad is about to happen, anxiety, confusion

Enact: Taking Action

If staff suspect a severe food allergy reaction or anaphylaxis, immediate action will take place.

- Rapid access to epinephrine auto-injectors.
- Enact an Emergency Care Plan.