

**Parent and Student Responsibilities for Students with Life Threatening Allergies**  
**(Excerpt from the Hampton Roads Regional Life Threatening Allergy Management Plan)**

**A. Parent Responsibilities**

- Inform the school nurse/school administrator of your child's allergies before school starts or as soon as the diagnosis is made.
- Provide written medical documentation, instructions, and medications as directed by a physician to the school nurse each school year. **All allergies must be verified by documentation from a physician, nurse practitioner or physician assistant.**
- Notify the school nurse or designee of any change in your child's allergy status or if any reaction occurs outside of school. Provide all supplies and equipment necessary for implementing your child's Life-threatening Allergy Management Plan (LAMP). Replenish supplies as needed. If child self-carries his/her epinephrine auto-injector, consider providing the school with an additional EpiPen® auto-injector 2-pack to be maintained in the clinic.
- Provide properly labeled medications each school year and replace medications after use or upon expiration.
- Work with the school allergy management team to develop an individual plan that accommodates the child during school as indicated.
- Provide age appropriate education to your child in the self- management of his/her allergies. It is important that students take more responsibility for their food allergies as they grow older and are developmentally ready to accept responsibility. (Refer to III-B Student Responsibilities)
- Provide accurate emergency contact information and update as necessary.
- Consider a medical alert bracelet for your child.
- Review Checklist for Parents (Appendix B).
- In regard to emergency medications a student may need available for after school activities/events, it is extremely important parents/guardians notify the school nurse and individual in charge of the activity/event about this need. Examples of emergency medications include Epi-Pens®, Insulin, Glucagon and asthma inhalers. After regular school hours, the clinic is closed and a nurse is not available. Please note a student may carry emergency medications when the proper procedures are followed as stated above. It is the parent/guardian's responsibility to develop a plan with the nurse and the individual in charge of the afterschool activity/event so a safe environment may be maintained.

**B. Student Responsibilities**

- Learn to recognize symptoms of an allergic reaction and **notify school staff immediately** if a reaction is suspected or they believe they may have come in contact with their allergen.
- Take as much responsibility as possible to prevent an exposure to allergens based on their developmental level.
- Do not trade or share food with others.

- Understand the care and management of their allergies and reactions based on their developmental level.
- Wash hands before and after eating food/snacks.
- Know where the EpiPens® are located and who has access to medication.
- Report teasing, bullying and threats to school personnel.
- Understand school policy and procedure to self-carry epinephrine auto-injector, if appropriate.
- Self-advocate in situations that they perceive as compromising their health.