

Food Allergy

LIFESTYLE MANAGEMENT TIPS

2021
Checklist

Emergency Care Plans: A Comparison

Ready for Back-To-School? Don't forget these important school supplies! Emergency Care Plans (ECPs) can help provide additional protection for your child with food allergies and can serve as a guide for school personnel during emergency situations. When it comes down to Emergency Care Plans for school, you have multiple options, which you can discuss with your doctor and school staff.



CONSIDER THE FOLLOWING



Emergency Care Plans (ECPs)

Instructions written and signed by your child's allergist or primary care physician that is helpful for school nurses and staff. It includes info such as emergency contact info, allergies, what to do in an emergency and other required information that is helpful during an anaphylactic episode.



504 Plans

A legally binding contract between the student and the school. It is supported by Section 504 of the Rehabilitation Act of 1973 that is applicable to federally funded public schools. Suitable for those at risk of severe anaphylaxis that can inhibit "major life activities" (i.e., breathing). Helps school accommodate learning environment to be suitable for the student's needs.



Individual Health Care Plan (IHCP)

Written plan in conjunction with the school nurse, doctor, teachers, and student's family to help provide suitable accommodations for the student. Documents what measures the school's staff will take to establish and maintain a safe environment for the student and reduce exposure to allergens, plus related info. Should also contain Emergency Care Plan (see above).



Take Your Plan Everywhere

As folks who either have food allergies or know people who do, we know that recalling all the details for how to manage them can be tough. We got you. Make Every Moment Count and have a successful school year!

TIP: Keep track of every detail with the Alerje Food Allergy Management app.

Emergency Care Plans and Individual Health Care Plans Further Reading:

Food Allergy Research & Education. (n.d.). *Food Allergy & Anaphylaxis Emergency Care Plan*. Food Allergy Research & Education. <https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/food-allergy-anaphylaxis-emergency-care-plan>.

Pistiner, M., & Devore, C. D. L. (2013). The role of pediatricians in school food allergy management. *Pediatric Annals*, 42(8), 334–340. <https://doi.org/10.3928/00904481-20130723-14>

504 Plans Further Reading:

U.S. Department of Education. (2020, January 10). *Protecting students with disabilities*. Frequently Asked Questions About Section 504 and the Education of Children with Disabilities. <http://www2.ed.gov/about/offices/list/ocr/504faq.html>.

U.S. Department of Justice Civil Rights Division. (n.d.). Americans with Disabilities act Of 1990, as amended with ADA Amendments act of 2008. <https://www.ada.gov/pubs/adastatute08.htm>.

