



CPE du YM-YWHA

*ALLERGY AND
ANAPHYLAXIS POLICY*

Updated February 2025

ANAPHYLAXIS AND ALLERGY POLICY

Definition of Allergy and Anaphylaxis

Anaphylaxis is a severe and rapidly progressing allergic reaction that can be life-threatening. The incidence of severe allergic reactions has been rising at an alarming rate, particularly with food-related allergies. The most common allergens in children include peanuts, eggs, tree nuts, milk, fish, wheat, soy, sesame, and insect stings such as bee venom.

Purpose of this Policy

This policy is established to:

- Minimize the risk of an anaphylactic reaction occurring within the daycare environment.
- Ensure that all staff members are adequately trained to recognize and respond to allergic reactions effectively and competently.
- Provide parents and guardians with confidence in the daycare's preparedness and policies regarding allergy management.

Anaphylaxis Management

Children's Needs:

- To be treated equally and not singled out.
- To feel safe and be protected from allergens.

Parents' Responsibilities:

- To minimize anxiety by trusting that the daycare takes all allergies seriously and implements appropriate safety measures.
- To ensure an action plan is in place and followed.

Staff Responsibilities:

- To complete mandated training on anaphylaxis management as per Ministère de la Famille guidelines.
- To participate in regular practice drills to maintain competency and reduce response anxiety.
- To debrief after any incident for continuous learning and improvement.

- To be informed of any new allergic children and implement individualized care plans.

Management Responsibilities:

- To educate parents and guardians on the severity of allergies and ways they can support a safe environment.
- To ensure policies are well-documented, communicated, and strictly followed.
- To prepare staff to respond effectively in emergency situations.
- To require parents to provide up-to-date medication and equipment, properly labeled and stored in a suitable container.
- To enforce the policy that life-saving medication, such as an EpiPen, must be provided before a child is permitted to attend daycare.
- To hold parents accountable for complying with all allergy-related policies and procedures.

Documentation and Emergency Preparedness

- A **red binder** will be maintained for each child with severe allergies, containing:
 - A recent photograph of the child.
 - Allergy information and emergency action plans.
 - Benadryl and its prescription copy.
 - Doctor-issued prescriptions related to the allergy.
 - Emergency contact numbers and a copy of the child's Medicare form.
 - An EpiPen and its prescription.
- The daycare acknowledges the importance of allergy management and is committed to taking all necessary precautions. While a completely allergen-free environment cannot be guaranteed, every effort will be made to minimize exposure and ensure a swift, effective response in the event of an allergic reaction.
- The daycare is a **peanut/ nut-free facility**, and all parents are required to disclose dietary restrictions and allergy information upon registration. Any newly diagnosed allergies must be reported to the administration and educators in writing.

Staff and Management Roles

- Staff members must be fully aware of this policy and comply with all health and safety regulations.

- All staff must be informed of the necessary treatments and the location of emergency medications.
- Staff must enforce strict handwashing policies before and after meals.
- As per government regulations, first aid training will include comprehensive instruction on EpiPen use and storage.
- Staff must communicate with parents regarding food-related activities.
- Staff must ensure that EpiPens accompany children on all outings and field trips, including walks in the park.

Emergency Response Procedures

1. Administer Benadryl if deemed necessary.
2. Call 9-1-1 if the child shows signs of distress or if symptoms worsen.
3. Notify the child's parents immediately.
4. Remain calm and keep the child as comfortable as possible.
5. Administer emergency medication as trained (Benadryl first, followed by epinephrine if required).
6. If parents have not arrived by the time emergency medical personnel arrive, a staff member will accompany the child to the hospital.
7. The **red binder** must accompany the child in the ambulance.

Procedures for Identifying and Managing Allergic Children

- Before enrollment, or immediately upon diagnosis, the daycare will implement an individual anaphylaxis management plan in consultation with the child's parents or guardians.
- Any changes to a child's medical condition must be reported to the daycare immediately.
- Allergy information, including **three recent photos** of the child, will be prominently displayed in the office and the child's classroom. This information will include the child's name, allergens, dietary restrictions, emergency procedures, and contact information.
- Parents must provide a written letter for any special dietary requirements, which will be shared with kitchen staff and all personnel handling food distribution.

- The use of a **medic alert bracelet** is strongly recommended for children with severe allergies.
- All new and substitute staff members will be briefed on allergic children and the corresponding emergency procedures.
- Parents must submit **official documentation signed by both a pediatrician and a pediatric allergist** confirming the allergy, including:
 - The specific allergen(s).
 - Symptoms of the allergic reaction.
 - Required emergency response, including medication details and administration instructions.
 - Preventive control measures.
 - Emergency contact information.

This policy is designed to protect the health and well-being of all children in our care while ensuring staff and parents work collaboratively to maintain a safe and prepared environment.

I, _____parent/guardian of _____

In class _____ have read and agree to abide by all the policies and procedures
that have been put in place in this Allergy Policy.

Date:_____