



Assessment Tool

Is your school ready
for an anaphylactic event?

Safety Culture &
Attitude

Avoidance &
Risk Reduction
Strategies

Communication
with families

Recognition of
Symptoms

Response
Preparedness

Teamwork

Instructions

This can be used by school administrators and teachers or by parents who are selecting a school for their child.

This booklet helps you to assess whether your school or childcare center is prepared for an anaphylactic emergency.

The **General Assessment Grid** on page 1 gives you an overall assessment in 6 key areas and helps to identify which ones need more preparation.

The **Response Preparedness Assessment Tool** in this booklet provides scenarios so that school staff can reflect upon how they would respond in an anaphylactic event. An answer key is provided.

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General Assessment Grid

This grid gives you a general assessment of your school's preparedness to manage food allergic children. In each of the columns (1-6), check one of the 3 boxes in that column that best describes your school.




 → If you've checked a box with this symbol, it is likely an area in which your school needs to improve preparedness

 → You are probably doing an ok job in these areas, but there's room for improvement

 → You are taking preparedness seriously and are on the right track

See the Response Preparedness Assessment Tool included in this booklet



	1 Safety Culture/ Attitude	2 Avoidance & Risk Reduction Strategies	3 Communication with Families	4 Recognition of Symptoms	5 Response Preparedness	6 Teamwork
	You believe anaphylaxis is such a rare event, so you don't need to do any special training for yourself or your staff. ☹	You assume foods and craft materials are safe unless a parent raises a concern ☹	You figure families will ask you if they have questions about craft or science materials, and special events. ☹	You figure it will be obvious to you when it happens. ☹	You depend on others to tell you what to do if it happens. ☹	Specific tasks for emergency response are not delegated ahead of time. You'll just figure it all out when it happens. ☹
	You tell parents to keep medicine in the front office and you figure someone will know what to do with it in an emergency. ☹	You don't typically read ingredient labels. Or you only do so when you suspect a food, or when asked by parents ☹	You tell families only if there is going to be food at an event. After all, the children will not be eating materials for craft or science projects. ☹	You have been told during annual training about what symptoms to look for. You have a general idea of what these would look like. ☹	You know that the child keeps medicine. But you're not sure where it is. Nor are you sure if you remember how to use it. ☹	You have talked with your team/staff. Everyone is aware of what needs to be done during an emergency. ☹
	You meet with parents and make sure there is an emergency action plan. You make sure staff receives repeated training on anaphylaxis and EpiPen use. You know that because it is such a rare event, repeat training is especially needed. ☺	You read ingredients labels of everything. You assume all foods are unsafe unless screened by both you and the parents ☺	You tell families ahead of time about materials in the classroom, classroom parties, or special event. Often families will need to check ingredients or research materials. So you assume they will need to know ahead of time. ☺	You have talked to parents to find out what their child typically experiences, how the child might behave, or words their child uses to report his/her symptoms. You know exactly which symptoms require specific medications. ☺	You know exactly what is in the emergency action plan. You know what to do with the child while the medicine is being fetched. You know which medicines to administer and how to administer them. ☺	You have walked through drills in the actual setting (out side in the school yard or inside the school). You know exactly who needs to be gathering medicine, calling 911, administering medication, getting back up medication, etc. ☺

Response Preparedness Assessment Tool



Test your knowledge. Would you know what to do in these situations?

Scenario #1:

You are a lunch supervisor. It is right after lunch and you are outside where the children are playing for recess. There's a child who comes up to you. She's a little red in the face, and her eyes are watering. She struggles to talk to you. You can't hear what she's saying, you ask her to talk louder but she is having trouble talking. You think it may be an anaphylactic reaction.

What do you do:

- a) Tell the child to sit down and catch her breath, and come get you when she's able to talk.
- b) Tell the child to run to the office right away to get her Epipen, and to tell someone in the office to call 911.
- c) Walk with the child to the office to get her Epipen, then call 911
- d) Tell the child to sit or lie down. Call for someone to immediately get her Epipen from the office and call 911.

Scenario #2:

You are a teacher. You've just administered an Epipen to a child in your classroom who was experiencing symptoms of anaphylaxis. After 10 minutes, the child looks completely normal again.

What do you do at that point?

- a) Tell her she can go back to whatever activity she was doing.
- b) Tell her she can return to her activity, but call her parents to let them know what happened.
- c) Call 911 and ask for an ambulance.
- d) Tell the child to go to the school nurse's office.

Scenario #3:

You are a school librarian. A child in your library starts to show symptoms of an anaphylactic reaction. He has swollen lips and eyes, and has collapsed. Luckily, the child carries a medicine kit containing an Epipen. You find his medicine kit, and immediately administer the Epipen. You call the front office for assistance, but no one is answering the phone (they stepped out momentarily). So you decide to call 911.

How do you dial out from your school phone?

- a) dial 1 first, then 911
- b) dial 9 first, then 911
- c) no need to dial out. Just dial 911
- d) dial 0 first, then 911
- e) other:

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Scenario #4:

You've taken the cap off the EpiPen. You don't have your glasses and instructions are too small to read. Which end does the needle come out?

a)



or

b)



Scenario #5:

You are in a tornado safe room in the school because of a tornado warning. You ushered the children there right after the class had their morning snack. A child who is with you is showing signs of an anaphylactic reaction. Fortunately you remembered to bring the child's medicine with you. You administer an EpiPen and call 911. The dispatcher tells you the wait time for the ambulance could be as long as 45 minutes due to other emergencies from the tornado. She cannot stay on the line to help you.

Symptoms are not going away. What other medicines should you have on hand? (circle as many as you think)

- a) Advil (ibuprofen)
- b) another epipen
- c) Benadryl
- d) asthma medication (e.g., albuterol inhaler)
- e) Tylenol

Scenario #6:

You need to inject a child with the EpiPen. Where should you inject the EpiPen?

- a) upper arm
- b) outer thigh
- c) buttocks
- d) finger
- e) chest

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Scenario #7:

A child is having an allergic reaction. He is upset and uncooperative because he is very afraid of needles. Can you inject the EpiPen through his clothes?

- a) YES. It will work through clothes.
- b) NO. It will not work through clothes.

Scenario #8:

You are on a school field trip to a zoo. You have brought EpiPens for several children in your class. You accidentally left them on the school bus, parked in the hot sun. What should you do? (circle all that apply)

- a) Don't tell anyone, because no one needs to know.
- b) Contact school staff to bring another set of EpiPens for the children.
- c) Put the EpiPens on ice to cool them down.
- d) Contact the parents to let them know that the medication was left in the heat and will need to be replaced (exposure to sun and extreme heat can render the medication useless).
- e) Make sure the children do not eat until the new EpiPens arrive.

- ANSWER Key -

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What do you do at that point?

- a) Tell her she can go back to whatever activity she was doing.
- b) Tell her she can return to her activity, but call her parents to let them know what happened.



c) Call 911 and tell them you have a child experiencing an anaphylactic reaction and need an ambulance.

- d) Tell the child to go to the school nurse's office.

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You are a school librarian. A child in your library starts to show symptoms of an anaphylactic reaction. He has swollen lips and eyes, and has collapsed. Luckily, the child carries a medicine kit containing an Epipen. You find his medicine kit, and immediately administer the Epipen. You call the front office for assistance, but no one is answering the phone (they stepped out momentarily). So you decide to call 911.

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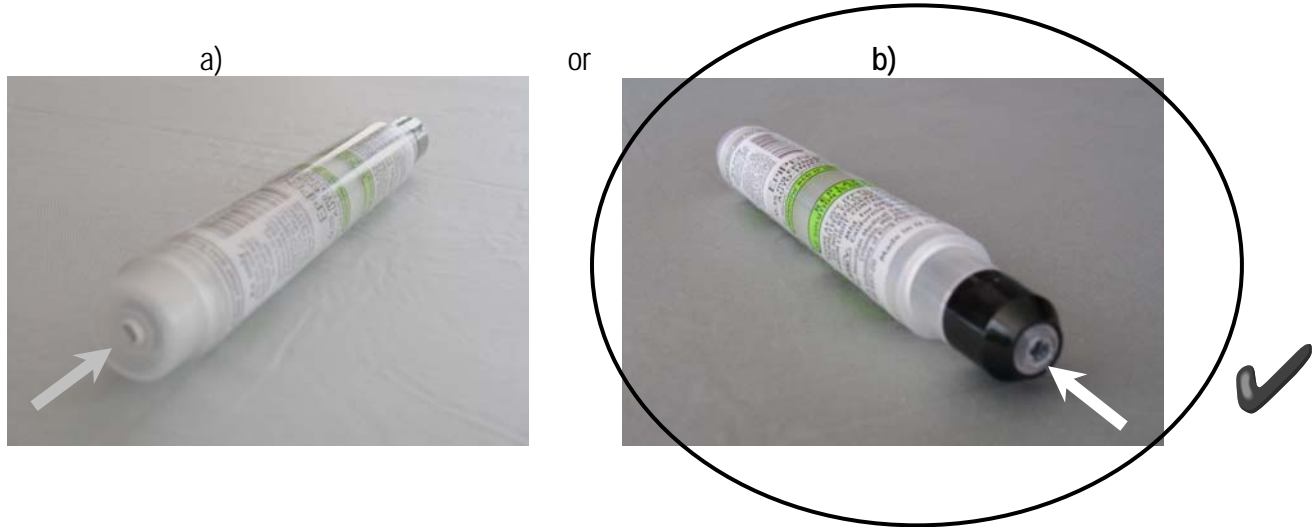
(ANSWER: You will need to find the answer to this based on your school phone system)

- ANSWER Key -

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a) **YES. It will work through clothes.**

b) NO. It will not work through clothes.

Scenario #8:

You are on a school field trip to a zoo. You have brought EpiPens for several children in your class. You accidentally left them on the school bus, parked in the hot sun. What should you do to ensure the safety of the children? (circle all that apply)

a) Don't tell anyone because no one needs to know.



b) **Contact school staff to bring another set of EpiPens for the children.**

c) Put the EpiPens on ice to cool them down. --- **NEVER put it on ice. The manufacturer warns that freezing temperatures could cause the spring mechanism that activates the needle to fail.**



d) **Contact the parents to let them know that the medication was left in the heat and will need to be replaced (exposure to sun and extreme heat can render the medication useless).**



e) **Make sure the children do not eat until the new EpiPens arrive.**