

# Managing Food Allergies at School

## Teachers and Paraeducators

*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Food allergies are a growing concern for schools. Teachers and paraeducators need to know how to help students with food allergies be safe and supported at school.

In a typical classroom of 25 students, at least one student is likely to be affected by food allergies. For reasons that are not completely understood, the number of children with food allergies is increasing. About 20 percent of students with food allergies will have a reaction while at school. Food allergy reactions can be unpredictable. About one out of four students who have a severe and potentially life-threatening reaction at school have no previous known food allergy.

Managing food allergies is best accomplished through a partnership between school administrators, teachers, school staff, families, and school nurses and other health care providers. Key actions that educators can take to support students with food allergies include:

- Participating in school planning for managing food allergies.
- Getting trained to help manage food allergies at school.
- Learning to recognize food allergy symptoms in students.
- Helping to prevent food allergy reactions and responding to food allergy emergencies.
- Creating and maintaining a safe, healthy classroom and school environment by following school policies for dealing with food allergies.
- And planning for field trips.

The school community can work together to help students with food allergies be safe and supported at school. To learn more and to access the CDC food allergy guidelines and tool kit, go to [cdc.gov/HealthyYouth/FoodAllergies](http://cdc.gov/HealthyYouth/FoodAllergies).

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*