Parents/Legal Guardians:

- Inform the school nurse of your child’s allergies prior to the opening of school or as soon as possible after a diagnosis. Complete the NHPS Allergy Form/Care Plan (signed by your child’s provider) and provide the school nurse with a list of foods/ingredients to avoid.

- Provide the school nurse with annual updates of your child’s allergy status with the NHPS Allergy Form/Care Plan.

- Provide the school nurse with health information from your health care provider. This includes written medical documentation, instructions and medication as directed by a physician. This may include proper authorizations for medications and emergency response protocols.
- Provide the school nurse with medication orders from the licensed provider.

- Participate in developing an Individualized Health Care Plan (IHCP) with the school nurse and school team that will accommodate the child's needs throughout the school including the classroom, cafeteria, after-school activities, and the school bus.

- Provide the school nurse with written permission to communicate with your health care provider (Authorization for Release of Information form).

- Provide the school with at least one or two up-to-date epinephrine auto-injectors.

- Provide the school nurse with the licensed provider’s statement if the student no longer has allergies.

- Provide to the school all available phone numbers to reach you, home, cell phone, work, and preferably two emergency contact names and phone numbers in the event a parent/guardian cannot be reached.

- You may provide a non-perishable lunch to be kept at school in case your child forgets to bring lunch one day.

- Particularly at the elementary school level, you are encouraged to keep a supply of “safe” snacks in the classroom to use during classroom parties.

- Families should work directly with any before and after-care programs, before and after school programs, bus drivers or coaches as well.

- To replace medication after use or upon expiration.

- Consider providing a medical alert bracelet for your child.

- Be willing to go on your child’s field trips if possible and if requested.

- Be available to determine if a food is safe for your child to eat.

- Educate your child in the self-management of their food allergy including safe and unsafe foods, strategies for avoiding exposure to unsafe foods; symptoms of allergic reactions; how and when to tell adults they may have an allergy related problem: how to read food labels (age-appropriate). Education efforts should promote self-advocacy and competence in self-care.

[**NHPS Release of Confidential Information Printable**](https://example.com)

[**NHPS Allergy Form/Care Plan Printable**](https://example.com)

**911 is called whenever an EpiPen is administered**