



NEW YORK CITY DEPARTMENT OF
HEALTH AND MENTAL HYGIENE
Mary Bassett, MD, MPH
Commissioner

NEW YORK CITY DEPARTMENT OF
EDUCATION
Carmen Fariña
Chancellor

OFFICE OF
SCHOOL HEALTH

Managing Your Child's Allergies at School

Approximately 4-6% of children have a food allergy; food allergies are the most common cause of anaphylaxis (a life-threatening allergic reaction) in children at school. **The NYC Department of Education does not provide a nut, milk or other allergen-free school environment or food service because the risk of accidental exposure is always present.** No school can guarantee an allergen-free environment.

We want to ensure that your child receives the best care possible while at school. We take allergies, food safety and student health very seriously. This means that parents, medical providers and the school team need to work together to manage your child's allergy.

Your Role as the Parent/Caregiver

- The Parent/Caregiver should meet with the school nurse as early as possible to create/review the Allergy Response Plan and determine what foods the student can eat from the cafeteria.
 - For your reference, the SchoolFood menus can be found at this [link](#).
- Ask your child's doctor to complete these forms:
 - Allergy/Anaphylaxis Medication Administration Form (MAF)
 - Medical Review of Student with Severe Allergies Form

Make sure that the emergency contact information on these forms is up to date. Give the completed forms to the school nurse.

- Give the school nurse any medications prescribed by your doctor for managing your child's allergy.
 - If an epi-pen is prescribed, the school will work to ensure that the epi-pen is kept near your child – in the classroom, lunchroom and on the playground. Or, if your child is able to use the epi-pen by him/herself, then your child will be permitted to carry the epi-pen. The school nurse will also have an epi-pen available in the nurse's office.
- Give the school nurse a list of foods and ingredients that your child needs to avoid.
- Let your school nurse know if your child has asthma, since allergic reactions may be worse in children who have both allergies and asthma.
- Teach your child about their allergy so that they know which foods to avoid.
- Make sure your child knows not to trade food with other students and not to eat anything offered in school without knowing what is in it.

Your Child's Role

- If your child is able to use an epi-pen by him/herself, then your child should carry the epi-pen at all times.
- Your child should wash hands before and after handling food, should not trade food with others, and should not eat anything offered in school without knowing what is in it.



**Department of
Education**
Chancellor Richard A. Carranza

NOTICE OF NON-DISCRIMINATION UNDER §504

POLICY STATEMENT

It is the policy of the New York City Department of Education that, in accordance with §504 of the Rehabilitation Act of 1973 (§504), no other qualified person with a disability shall, solely by reason of their disability, be excluded from or otherwise denied participation in, be denied the benefits of, or be subject to discrimination under any program or activity sponsored or provided by the New York City Department of Education. Confidentiality rights of persons with disabilities will be respected.

Inquiries regarding the New York City Department of Education's compliance with §504 rights or procedures should be directed to:

For Students and Parents:

§504 Program Manager
Office of School Health
42-09 28th Street, CN#25
Long Island City 11101
(718) 310-2429
504Questions@schools.nyc.gov

Or to:

U.S. Department of Education
Office for Civil Rights
32 Old Slip, 26th Floor
New York, NY 10005-2500
(646) 428-3900
<http://www.ed.gov/>