

Back to School + Food Allergies Doesn't Have to Equal Stress

Experts at National Jewish Health offer tips to help ensure kids' safety

National Jewish Health

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NEWS PACKAGE



SUGGESTED TEASE	COMING UP – BACK TO SCHOOL CAN BE A STRESSFUL TIME, BUT FOR CHILDREN WITH FOOD ALLERGIES, HEADING OFF TO SCHOOL FOR THE FIRST TIME CAN BE POTENTIALLY DANGEROUS. COMING UP, A FEW SIMPLE TIPS THAT CAN GO A LONG WAY IN KEEPING KIDS SAFE AND HEALTHY AT SCHOOL.
ANCHOR LEAD	IT'S THAT TIME OF YEAR WHEN FAMILIES ARE BUSY PREPARING FOR THE NEXT SCHOOL YEAR, AND THAT'S ESPECIALLY IMPORTANT FOR CHILDREN WITH FOOD ALLERGIES. SINCE THE LATE 1990s, FOOD ALLERGIES IN CHILDREN HAVE SHOT UP APPROXIMATELY 50-PERCENT, ¹ MAKING IT ESSENTIAL THAT PARENTS, KIDS AND SCHOOLS KNOW HOW TO PREVENT, IDENTIFY AND RESPOND TO FOOD ALLERGY REACTIONS. FOR TIPS ON HOW TO KEEP YOUR CHILDREN SAFE, HERE'S BARB CONSIGLIO.
(PACKAGE START) -----	
CG: Courtesy: National Jewish Health :00 - :03 Shots of Jacob leaving house with backpack	(Nats - Sound) :02 WHEN JACOB WARE HAD AN ALLERGIC REACTION IN HIS KINDERGARTEN CLASS, HIS TEACHER AND SCHOOL NURSE ACTED QUICKLY TO SAVE HIS LIFE. :06
CG: Jennifer Ware Mom of child with allergies	<i>"She administered the shot, and I met them at the hospital. So, it was very scary, but the school handled it exactly as they should have."</i> :09
Shots of kids eating in cafeteria	JACOB'S NOT ALONE. NEARLY SIX MILLION CHILDREN HAVE FOOD ALLERGIES IN THE U-S ² - AN AVERAGE OF ABOUT TWO PER CLASS.
Shot of Dr. Lanser in exam	DOCTOR B-J LANSER IS AN ALLERGIST AT NATIONAL JEWISH HEALTH IN DENVER AND HAS FOUR SIMPLE TIPS TO KEEPING CHILDREN SAFE AT SCHOOL:
Shot of teacher and parent Graphic over shot:	FIRST, MEET WITH ADMINISTRATORS BEFORE THE

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<p>-Tip 1: Meet with school administrators</p> <p>BJ Lanser, MD (CG'd earlier)</p> <p>Graphic: -Tip 2: Develop a written plan</p> <p>Shots of Jennifer and Jacob going over plan</p> <p>Graphic: -Tip 3: Post a picture in the classroom</p> <p>Shot of posting a picture of child in classroom</p> <p>BJ Lanser, MD (CG'd earlier)</p> <p>Graphic: -Tip 4: Pack allergy-safe snacks</p> <p>Shot of Jennifer making Jacob a safe snack</p> <p>Jennifer Ware (CG'd earlier)</p> <p>Shots of Jacob putting on backpack (PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<p>SCHOOL YEAR STARTS. :09</p> <p><i>“Meet with the teacher, meet with the food preparation staff, the administration, the school nurse, whoever needs to be involved to get everyone on board and on the same page and ready to start school.” :13</i></p> <p>NEXT, DEVELOP A WRITTEN PLAN THAT OUTLINES ALL THE NECESSARY INFORMATION TO PREVENT EXPOSURES AS WELL AS HOW TO RECOGNIZE AND TREAT SYMPTOMS. :07</p> <p>(Nats - “So, remember benadryl is our first line of defense.” :02)</p> <p>YOU CAN ALSO POST A PICTURE WITH ALLERGY INFORMATION IN YOUR CHILD’S CLASSROOM TO ALERT ANYONE WHO ENTERS THE ROOM. :06</p> <p><i>“It’s easy to get confused and forget which foods each child might be allergic to, and so the more clear and the simpler you can make it for everyone at school is great.” :11</i></p> <p>FINALLY, PACK SAFE SNACKS FOR YOUR CHILD IN CASE SOMEONE BRINGS IN AN ALLERGENIC TREAT FOR THE CLASS. :05</p> <p><i>“I would just send him with like his own separate cupcake, so he doesn’t feel excluded, you know, he can participate, but it’s safe for him.” :08</i></p> <p>AT NATIONAL JEWISH HEALTH IN DENVER, THIS IS BARB CONSIGLIO REPORTING. :03</p> <hr/> <p>EXPERT SAY THAT WHILE MANY SCHOOLS NOW HAVE A SEPARATE TABLE FOR CHILDREN WITH FOOD ALLERGIES, IT’S STILL A GOOD IDEA FOR PARENTS TO TOUR THEIR KID’S CAFETERIA.</p> <p>THEY ALSO STRESS THAT FOOD-ALLERGIC CHILDREN SHOULD ALWAYS CARRY AN EPI-PEN IN CASE OF EMERGENCIES.</p>
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SOCIAL MEDIA

<p> Share it! Suggested tweet:</p> <p> Suggested post:</p>	<p>Experts at @NJHealth offer tips to help keep children with food allergies safe when headed back to school. http://bit.ly/2KZRVMd</p> <hr/> <p>Sending a child with food allergies to school can be incredibly stressful for parents, especially for those with severe allergies that can have life-threatening reactions.</p>
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Experts at [National Jewish Health](http://www.nationaljewish.org) have tips to help parents, kids and school personnel work together to keep food-allergic students safe: <http://bit.ly/2KZRVMd>

EXTRA BITES

<p>CG: BJ Lanser, MD National Jewish Health</p>	<p>Lanser says school personnel should be aware of allergies: <i>“We want to do as much as we can to have everybody prepared and aware and knowledgeable about food allergies and potential reactions so that day-to-day and at lunch it’s really kind of a non-issue.”</i></p> <p>Lanser says allergy alert bracelets can be helpful at school: <i>“There are other things you can do, you know, like different allergy alert bracelets that can be helpful so that somebody sees that and knows what foods a child is allergic to to help make sure that they don’t get anything that they can’t eat.”</i></p> <p>Lanser says educating a child on their allergies is important: <i>“It starts, certainly, by knowing what they can’t eat, understanding what type of reaction can be. As children get older, they can be more involved and ask those questions and, of course, carry their medications.”</i></p>
<p>CG: Jennifer Ware Mom of child with allergies</p>	<p>Jennifer says she labels everything in her son’s lunch: <i>“I put labels on all of his containers for his lunches, and then he has little tags on his lunch pail and everything, as well, just to make sure that there’s no question as to what his allergies are.”</i></p> <p>Jennifer says she meets with staff before the school year: <i>“I make sure that I actually talk to the teacher and make sure she has my phone number so she can text me if she has any questions. I go speak to the nurse, just to make sure that everything’s, everybody’s on the same page, they understand anything that’s changed and what to do in the event that anything happens.”</i></p> <p>Jennifer says sending her son to kindergarten was scary: <i>“I was very scary cause you have no control when he’s there. You’re having to trust all the people there to take care of him and make sure that he’s not eating anything he shouldn’t be. You know, it’s so easy for a student to pass over, ‘Hey, try this.’”</i></p>

References

¹*Facts and Statistics. Food Allergy & Research Education.* Online:
<https://www.foodallergy.org/life-with-food-allergies/food-allergy-101/facts-and-statistics>.

²*Food Allergies & School, National Jewish Health.* Online:
<https://www.nationaljewish.org/conditions/food-allergies/food-allergies-school>

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