

While we cannot prevent or eliminate allergens in the school, Fraser Academy aims to be a “Nut Aware” school. This policy serves to set out measures to reduce the risk to students and staff who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive.

### Guidelines

1. Staff, parents, students, and volunteers should refrain from bringing peanuts, peanut butter treats or tree nut products anywhere in the school to protect our students and staff with severe allergies.
2. Catered events, bake sales, and classroom celebrations should be nut-free to allow everyone the ability to participate in a safe manner. Please accommodate dietary restrictions for students in each classroom.
3. In the event nuts are accidentally brought into the school, surfaces which came into contact should be washed to reduce the risk of contamination.

### Symptoms of Anaphylaxis

The symptoms of anaphylaxis usually start between three and sixty minutes after contact with the allergen. Less commonly they can occur a few hours or even days after contact. An anaphylactic reaction may lead to feeling unwell or dizzy or may cause fainting due to a sudden drop in blood pressure. Narrowing of the airways can also occur at the same time, with or without the drop in blood pressure. This can cause breathing difficulties and wheezing.

- Swollen eyes, lips, genitals, hands, feet and other areas (this is called angioedema)
- Itching
- Sore, red, itchy eyes
- Changes in heart rate
- A sudden feeling of extreme anxiety or apprehension
- Itchy skin or nettle-rash (hives)
- Unconsciousness due to very low blood pressure
- Abdominal cramps, vomiting or diarrhea, or nausea and fever.

Anaphylaxis varies in severity. Sometimes it causes only mild itchiness and swelling, but in some people, it can cause sudden death. If symptoms start soon after contact with the allergen and rapidly worsens, this indicates that the reaction is more severe.

**In the event, a student or staff member displays anaphylaxis symptoms, First Aid and 911 should be called immediately.**