

Managing Asthma and Allergies in DC Schools



**A Comprehensive Resource and Educational Guide for
Improving Asthma and Allergy Care in District of Columbia Schools**

DISTRICT OF COLUMBIA DEPARTMENT OF HEALTH

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www.bhcs.com

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www.foodallergy.org

Illinois Department of Human Services
www.dhs.state.il.us/chp/ofh/schoolhealth/pdf/asthma.pdf

Illinois Emergency Medical Services for Children
www.luh.org/depts/emsc/schl_man.htm

Massachusetts Department of Education
www.doe.mass.edu/cnp/allergy.pdf

Metropolitan Washington Council of Governments
www.mwcog.org

Missouri Department of Health and Senior Services
www.dhss.mo.gov/asthma/Publications.html

National Association of School Nurses
www.nasn.org

National Association of Elementary School Principals
www.naesp.org

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www.nasbe.org

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www.nata.org

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www.nhlbi.org



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www.nsc.org

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www.nsba.org

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www.pacnj.org

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www.epa.gov

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Using the Guide

What is the purpose of this guide?

The purpose of this guide is to help schools and families to create an environment where students with asthma and allergies are healthy, active, and ready to learn. In their joint publication, *Managing Asthma: A Guide for Schools*, the U.S. Department of Health and Human Services and the U.S. Department of Education describe the positive results of effective asthma (and anaphylaxis) management:

- **Creates a supportive learning environment,**
- **Reduces absences,**
- **Eases disruption in the classroom,**
- **Ensures appropriate emergency care, and**
- **Enables full student participation in physical activities.**

This guide offers an overview of asthma, allergy, and anaphylaxis and sample strategies, policies, and tools for consideration in caring for students with these conditions. It is intended for use by school personnel in all disciplines, including administrators, principals, teachers, school nurses, coaches, athletic trainers, facilities staff, nutrition services staff, counselors, and bus drivers.

What are the limitations of this guide?

This guide is **NOT A POLICY MANDATE**. Instead, it is designed to serve as a resource for schools in managing asthma, allergy, and anaphylaxis and to inform policies, practices, and procedures. School administrators and staff should make sure that strategies and actions to address asthma, allergy, and anaphylaxis conform to prevailing legal, regulatory, and administrative policies, requirements, forms, and procedures. Keep in mind that such policies and practices are subject to revision over time.

Furthermore, this guide is not intended to endorse any particular brand of product discussed or shown in its pages. Pictures and descriptions of such products are for illustrative purposes only.

Finally, this guide is for educational purposes only. It is not intended to replace the medical advice or services of a licensed healthcare provider.

How Do I Get Started?

Use the Table of Contents to find sections of use to you.

This guide offers information on managing asthma, allergies, and anaphylaxis in school settings, including relevant laws and sample policies and forms. Further, it provides guidance for emergency management of asthma and anaphylaxis. The guide also includes recommendations for asthma and anaphylaxis education for staff, students, and families. The final section features an extensive list of resources for additional tools and information and a glossary of key terms.

Understand the legal requirements that affect how schools deal with students and staff who have asthma and anaphylaxis.

Federal and state laws require that schools take steps to promote the health, development, and achievement of students and staff with asthma, anaphylaxis, and other special needs. Be sure to read the “Legislation and Guidance” section.

Use the guide to educate others.

Use the action checklists for various staff disciplines, healthcare providers, students, and parents/guardians and supplement with other materials from the guide as handouts to assist you in conducting workshops, brown bag lunches, and meetings with school personnel, students, families, and the community.

Develop an Asthma/Anaphylaxis Management Plan for your school.

Start with the *How Comprehensive is Your School Asthma Management Program Checklist* (adapted to include anaphylaxis) and the *How Asthma-Friendly Is Your School?* Checklist, both from the National Asthma Education and Prevention Program of the National Institutes of Health, and/or the asthma module of the *School Health Index* self-assessment and planning tool from the Centers for Disease Control and Prevention (<http://apps.nccd.cdc.gov/shi>) to reveal how well your school deals with the needs of students with asthma and anaphylaxis. Then use the ten-step sample plan from the National Association of State Boards of Education and additional guidelines provided in this guide to develop a written plan describing what actions, policies, and procedures your school will use to address asthma, allergies, and anaphylaxis, including how to prevent and respond to emergencies.

Get recognized for your efforts.

Visit www.DCSchoolAsthma.org find out how your school can qualify for the DC *Asthma-Friendly Schools Award* and sign up for the *Asthma-Friendly Schools* e-newsletter with the latest tips and resources.

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