

Information for Schools & Early Years Settings

Children & Young people who have Allergies

- What is expected from educational institutions

All children, young people and families are given training in how to manage their allergy and on the difference between mild/moderate and anaphylactic reactions. They should also be provided with a Personalised Allergy Action Plan (please see [‘Allergy Action Plans’](#) resource document for further details). Families, children and young people are advised to ensure they have their plans and prescribed medication with them at all times.

Early Years & Primary School Children

Depending on age and level of development, a child may be able recognise symptoms of an allergic reaction and alert staff. Equally, pre and early primary school children may not be able to understand and communicate when they experience reaction symptoms and it is therefore vital that staff are on the lookout for these signs. It is still the responsibility of the staff to ensure that allergy medications (e.g. anti-histamine and adrenaline pens) remain in a safe place close to the child.

In circumstances where the child will not be in their usual classroom or area, these medications and their personal allergy plan all need to accompany the child. Depending on the situation, it a portable bag may be required to store these. Nevertheless, these medications should always stay close to the child and the supervising adult must be trained in how and when to administer them correctly.

Secondary School Young People

Young people within secondary school are generally able to manage their allergies themselves. This would include a young person carrying their own antihistamine and adrenaline pen, although having a spare pen in school is still best practice. It is also vital that the developmental stage of the child be taken into account when agreeing to what extent a child can self-manage their allergy care in school. This especially relevant to those with special educational needs or vulnerable children who are deemed not be able to self-manage their allergies and in such instances it would be more appropriate to follow the advice for primary school children above.

Staff should receive training on allergy and anaphylaxis with how to administer antihistamines and an adrenaline auto-injector pen.

In circumstances where the young person will not be within the school/college then best practice would be to ensure they have their medication and allergy plan within their belongings. It is also important that staff that are supporting the young person are aware of their allergies.