Spilsby Playgroup



Allergies and Allergic Reaction Policy

At **Spilsby Playgroup** we are aware that children and staff may have or develop an allergy resulting in an allergic reaction.

Our Aim

To ensure allergic reactions are minimised or, where possible, prevented and that all staff are fully aware of potential trigger factors for allergic reactions and understand how to support a child or adult who may be having an allergic reaction.

Our procedures

- Staff are made aware of the signs and symptoms of a possible allergic reaction in case of an unknown or first reaction in a person. These may include a rash or hives, nausea, stomach pain, diarrhoea, itchy skin, runny eyes, shortness of breath, chest pain, swelling of the mouth or tongue, swelling to the airways to the lungs, wheezing and anaphylaxis
- We ask parents to share all information about allergic reactions and allergies on a child's registration form and to inform staff of any allergies discovered after registration, keeping us updated with any new information relating to the allergy.
- Allergy information and who it relates to, staff or child, is maintained in our allergy register in **the playgroup office on the health and safety board** for reference and in keeping with GDPR regulations.
- Where a child has a known allergy, the nursery manager will complete a Risk Assessment and a Health Care Plan with the parent prior to the child starting the nursery and shares this information with staff. This applies to staff too.
- Foods prepared on site as a part of our early year's curriculum will take account of any known allergies. Ingredients will be sourced that do not contain the known allergen.
- Lunches are prepared off site at King Edward V1 Academy following Food Standards guidelines and regulations. The manager, cook (King Edward V1 Kitchen) and parents will work together to ensure a child with specific food allergies receives no food at nursery that may harm them. This may include designing an appropriate menu or substituting specific meals on the current nursery menu.
- Seating will be monitored for children with allergies. Where deemed appropriate, staff will sit with children who have allergies and where age/stage appropriate staff will discuss food allergies and the potential risks
- If a child has an allergic reaction to a food, a bee or wasp sting, plant etc. a first aid trained member of staff will act quickly and administer the appropriate treatment, where necessary. We will inform parents and record the information in the incident book and on the allergy register
- If an allergic reaction requires specialist treatment, e.g. an EpiPen, then at least two members of staff working directly with the child and the manager will receive specific medical training to be able to administer the treatment to each individual child.

Transporting children to hospital procedures

The nursery manager/staff member must:

- Call for an ambulance immediately if the allergic reaction is severe. DO NOT attempt to transport the sick child in your own vehicle
- Whilst waiting for the ambulance, contact the parent(s) and arrange to meet them at the hospital

- Arrange for the most appropriate member of staff to accompany the child, taking with them any relevant information such as registration forms, relevant medication sheets, medication and the child's comforter
- Redeploy staff if necessary to ensure there is adequate staff deployment to care for the remaining children. This may mean temporarily grouping the children together
- Inform a member of the management team immediately
- Always remain calm, children who witness an incident may well be affected by it and may need lots of cuddles and reassurance. Staff may also require additional support following the accident.

This policy has been agreed by all staff . October 2026

This policy should be read in conjunction with ,

Lifesaving and Invasive Procedures Policy

Allergies and Food Intolerances Policy

Administering Medications Policy

Appendix 1

FOOD ALLERGIES

It is important to know what to do if you look after a child who has a food allergy, because these allergies can be life-threatening

SAFETY POINT	WHY?
Always check if children have any food allergies and keep a written record of these.	It is a good idea to be able to refer to this record when preparing and serving food.
Make sure you check all the ingredients of any meals and snacks you give to a child with a food allergy. For example, if you make a cheese sandwich, check the ingredients of the bread, cheese, spread and anything else you put in the sandwich. **Never guess**.	If someone has a severe allergy, they can react to even a tiny amount of the food they are sensitive to. You can find out more about allergies on the **FSA website**.
Keep a record of the ingredient information of any ready-made food and drink you use in the children's food. Separating and labelling ingredients is very important to help you to easily identify what is in the meal. Foods should be covered and placed in sealed containers if needed and any spillages should be cleaned up quickly.	This is so you can check what is in the food.
If you are cooking, remember to check the ingredients of any oil, sauce, dressing or other packaged foods, including tins and jars. If you are not sure, do not give the food to the child.	Any of these could contain an ingredient the child is allergic to.
When you are preparing food for a child with a food allergy, make sure you do not contaminate foods whilst you are preparing them. Clean worktop and equipment thoroughly before you start. Make sure you also wash your hands thoroughly first. If you make a mistake when preparing a dish for an allergy sufferer, do not just remove the ingredient containing the allergen from the dish – start from scratch with fresh ingredients. **Remember: unlike bacteria, allergens are always present in food and cannot be removed or destroyed by cooking**	This is to prevent small amounts of the food that a child is allergic to getting into the food by accident which could prove fatal.
If a parent / guardian of a child with an allergy provides food, make sure it is clearly labelled with the child's name.	This makes sure that the child receives the right food and avoids it being given to another child who may have a different food allergy.
 	

HOW DO YOU DO THIS?
How do you check if food does not contain a particular allergen / ingredient?
How do you prepare food for a child with a food allergy?

THINK TWICE!

Which ingredients can cause a problem?

If asked, you must provide information about the allergens (if they are used as ingredients in the food and drink you provide) to the parents / carers of the children in your care. You can find further information on the **FSA website**.

These are some of the foods children may be allergic to and where they may be found:

Nuts (Namely almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew, Macadamia or Queensland nut).	In sauces, desserts, crackers, bread, ice cream, marzipan, ground almonds, nut oils.
Peanuts	In sauces, cakes, desserts. Don't forget groundnut oil and peanut flour.
Eggs	In cakes, mousses, sauces, pasta, quiche, some meat products. Don't forget foods containing mayonnaise or brushed with egg.
Milk	In yoghurt, cream, cheese, butter, milk powders. Also check for foods glazed with milk.
Fish	In some salad dressings, pizzas, relishes, fish sauce. You might also find fish in some soy and Worcestershire sauces.
Crustaceans	Such as prawns, lobster, scampi, crab, shrimp paste.
Molluscs	These include mussels, whelks, squid, land snails, oyster sauce.
Cereals containing gluten (namely wheat (such as spelt and Khorasan wheat), barley, rye and oats)	Also check foods containing flour, such as bread, pasta, cakes, pastry, meat products, sauces, soups, batter, stock cubes, breadcrumbs, foods dusted with flour.
Celery	This includes celery stalks, leaves and seeds and celeriac. Also look out for celery in salads, soups, celery salt, some meat products.
Lupin	Lupin seeds and flour in some types of bread and pastries.
Mustard	Including liquid mustard, mustard cress, mustard powder and mustard seeds, in salad dressings, marinades, soups, sauces, curries, meat products.
Sesame seeds	In bread, breadsticks, tahini, houmous, sesame oil.
Soya	As tofu or beancurd, edamame, tempeh, soya flour and textured soya protein, in some ice cream, sauces, desserts, meat products, vegetarian products.
Sulphur dioxide (when added and above 10mg / kg in the finished food and drink)	In meat products, fruit juice drinks, dried fruit and vegetables, wine, beer.

WHAT TO DO IF THINGS GO WRONG

If you think a child is having a severe allergic reaction:

- Do not move them
- If the child has a prescribed adrenaline auto-injector e.g. Epi pen and you have been trained to use it, administer it according to the child's care plan.
- Ring 999 and ask for an ambulance with a paramedic straight away
- Explain that the child could have anaphylaxis (pronounced 'anna-fill-axis')
- Send a responsible person outside to wait for the ambulance
- Contact the parent / guardian of the child after you have called an ambulance.

HOW TO STOP THIS HAPPENING AGAIN

- Make sure that you and anyone who helps with food preparation, understands how important it is to check all the ingredients of a food and knows about the symptoms and treatment of an allergic reaction. You can find out more about this in the pregnancy and baby guide on the **NHS website**.
- Review the way food is prepared for a child with a food allergy – are you cleaning effectively first and using clean equipment?

Safe method completed: Date:

Signature:

14 Allergens

Coming to a food label near you

Food Standards Agency
food.gov.uk

The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

1 

Celery
This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

Cereals containing gluten 2

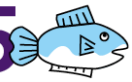
Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

3 

Crustaceans
Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

Eggs 4

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

5 

Fish
You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

Lupin 6


Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.

7 

Milk
Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

Molluscs 8

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews

9 

Mustard
Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

Nuts 10

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.

11 

Peanuts
Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

Sesame seeds 12


These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.

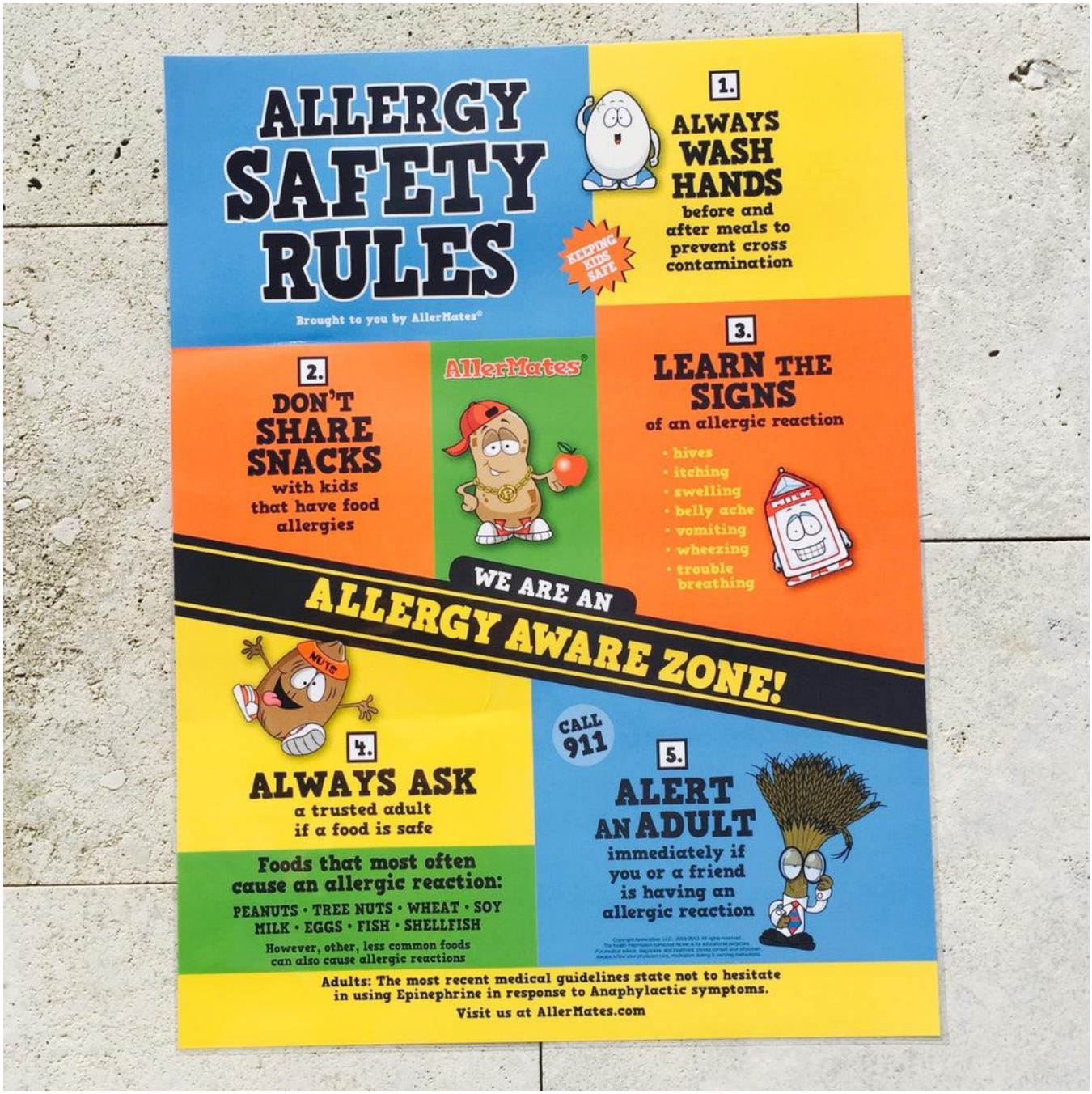
13 

Soya
Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

Sulphur dioxide (sometimes known as sulphites) 14


This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

For more information, visit: **food.gov.uk/allergy** or **nhs.uk/conditions/allergies**
Sign up to our allergy alerts on **food.gov.uk/email**, or follow **#AllergyAlert** on Twitter and Facebook
Let's keep connected at **food.gov.uk/facebook**
Join our conversation **@food.gov.uk/twitter**
Watch us on **food.gov.uk/youtube**


ALLERGY SAFETY RULES
Brought to you by AllerMates®
KEEPING KIDS SAFE
1.
ALWAYS WASH HANDS
before and after meals to prevent cross contamination
2.
DON'T SHARE SNACKS
with kids that have food allergies
AllerMates®
3.
LEARN THE SIGNS
of an allergic reaction
• hives
• itching
• swelling
• belly ache
• vomiting
• wheezing
• trouble breathing
MILK
WE ARE AN
ALLERGY AWARE ZONE!
NUTS
4.
ALWAYS ASK
a trusted adult if a food is safe
Foods that most often cause an allergic reaction:
PEANUTS • TREE NUTS • WHEAT • SOY
MILK • EGGS • FISH • SHELLFISH
However, other, less common foods can also cause allergic reactions
CALL 911
5.
ALERT AN ADULT
immediately if you or a friend is having an allergic reaction
Adults: The most recent medical guidelines state not to hesitate in using Epinephrine in response to Anaphylactic symptoms.
Visit us at AllerMates.com

BE FOOD ALLERGY AWARE

SIX THAT SAVE LIVES

1 THE SYMPTOMS

Signs of a severe food allergy reaction (called anaphylaxis) are 2 or more of:

- Breathing difficulty, wheezing or coughing
- Vomiting, diarrhea or cramps
- Hives or widespread skin redness
- Swelling of tongue, lips or throat
- Feeling very faint / drop in blood pressure (If only this 1 symptom or with just severe wheezing, it is still anaphylaxis.)





3 TIME IS OF THE ESSENCE

In studies of those who have died of anaphylaxis, they did not receive epinephrine, or they got it too late. Prompt use of the shot is vital.

4 GO TO THE HOSPITAL

A person who's had an epinephrine shot must be taken to hospital to ensure the reaction is under control. IF symptoms have not improved in 10 to 15 minutes, a second auto-injection should be given.

2 IN ANAPHYLAXIS:

Use the auto-injector right away. Call 911 and report an emergency.

Epinephrine is considered a safe drug. Antihistamines are for mild symptoms only, and will not halt anaphylaxis. Err on the side of using the auto-injector.

5 RECLINING IS BEST

In the ambulance, the person having the reaction should be lying down, with the legs raised (this improves blood flow).

6 DON'T GO IT ALONE

No person should be expected to be fully responsible for self-administering epinephrine. Assistance during anaphylaxis is crucial.

Allergic Living

From Allergicliving.com. Based on information from the National Institute of Allergy and Infectious Diseases and FARE.



food allergy AWARENESS

Foods that most often cause an allergic reaction:
peanuts, tree nuts, milk, eggs, fish, shellfish, sesame, soy, wheat.



However, other less common foods can also cause anaphylactic reactions.

Anaphylaxis is a sudden, severe allergic reaction that involves various body systems simultaneously. Food, insects, medications and latex can cause an anaphylactic reaction.

Warning signs and symptoms of a
mild to moderate allergic reaction:



1. Swelling of lips, eyes and face
2. Hives or welts
3. Tingling in mouth
4. Abdominal pain, vomiting

Warning signs and symptoms of a
SEVERE allergic reaction (ANAPHYLAXIS)



1. Difficult/noisy breathing
2. Swelling of tongue
3. Swelling/tightness of throat
4. Difficult talking and/or hoarse voice
5. Wheeze or persistent cough
6. Persistent dizziness or collapse
7. Pale and floppy(young children)



If you see someone showing any of these symptoms, ACT FAST.
Follow their ASCIA Action Plan if they have one.
Administer adrenaline autoinjector. Call 000..

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Allergy & Anaphylaxis Australia
Your trusted charity for allergy support

For more information about food allergies, contact Allergy & Anaphylaxis Australia on 1300 728 000 or www.allergyfacts.org.au

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