

Holy Cross Food Allergy Information and Guidelines

Starting college can be an intimidating time for many students and their parents, especially for students with food allergies who will be living away from home for the first time. **The philosophy of the college is to foster independent living for students living with food allergies.** These guidelines have been developed to provide information and administrative contacts to students and their parents in the event that students need assistance in managing their food allergies.

Dining options available to students with food allergies or certain medical conditions range from eating off the general lines to accessing our Food Allergy Program. The Food Allergy and Special Diet (FASD) program provides reasonable accommodations to students per the Americans with Disabilities Act. This program may provide you with:

- Pre-order, allergy-safe meals
- Special products in a secure allergy pantry
- Transparency, information and nutrition guidance

Holy Cross Dining is committed to providing students with nutritious meals that they can enjoy without worrying about food allergies. Students who have questions about eating in our dining hall with food allergies should contact [Holy Cross Dining](#). (link)

<https://www.holycross.edu/campuslife/dining/nutrition-allergy-information>

Students who wish to begin the process of requesting dining accommodations should submit the appropriate documentation to the Office of Disability Services. Documentation should be from a licensed healthcare provider or specialty physician and include the diagnosis and rationale of the need for a medically restricted diet.

Self-diagnosis, parental diagnosis, or diagnosis by a non-licensed provider of food allergies, food intolerance, or non-celiac gluten intolerance without medical verification may not be considered valid documentation. Please refer to [documentation guidelines](#) (link)

<https://www.holycross.edu/healthwellness-and-access/office-disability-services/guidelines-documentation-disability> for more specific criteria.

Student's Responsibility

- It is the responsibility of the student to contact Health Services at 508-793-2276 if they have a need to discuss living with a food allergy on campus.
- Provide written documentation by your physician on your entrance physical of the foods that you are allergic to.
- If necessary, provide written documentation, instructions, and medications as directed by a

physician, using the Food Allergy Action Plan. Make a copy of your Food Allergy action plan.

Keep it in a spot where it can be easily accessible in an emergency. □ Be proficient in the self-management of your food allergy including:

- Wear Medic Alert® identification at all times
- Carry your EpiPen®(s) with you at all times
- Avoidance of unsafe foods
- Recognition of symptoms of allergic reactions
- How and when to tell someone that you may be having an allergy-related problem
- Knowledge of proper use of medications to treat an allergic reaction
- Knowledge of how to access emergency medical services at college

- Be aware of your medical insurance coverage. Review the policy so that you know of any restrictions. Carry your health insurance card with you.
- Discuss your allergy with your RA and roommate as applicable.

Reasonable requests of students living with roommates who have food allergies:

1. No allergens allowed in the room
 2. Awareness of cross contact and how to read labels
 3. Thoroughly clean surfaces after eating
 4. Wash hands with soap and water after eating
 5. Willingness to call Public Safety in an emergency
- If you are a varsity athlete discuss your allergy with the team physician and coach.
 - Consider buying or renting a combination refrigerator-freezer-microwave to keep in your dorm room.
 - Be aware of the dangers of alcohol consumption and the use of other drugs. Substance use increases risks associated with judgment, timing, muscle coordination, absorption of allergen, and ability to seek help.

Dining Services responsibility

The student may make an appointment with Dining Services on how they can dine safely at Holy Cross. They may email Alyssa Pittman, Dietitian: apittman@holycross.edu or by calling 508-7933618. Education/ Services will be provided to the student as needed. You may click on the following link to view Holy Cross's food allergy program: <http://college.foodallergy.org/schools/massachusetts/college-holy-cross>.

The **epinephrine injection** should be used exactly as directed by a physician. Seek emergency medical attention for any severe allergic reaction that occurs. The effects of epinephrine injection wear off after 10 to 20 minutes. Epinephrine emergency kits are designed for emergency use only and are not a replacement or substitute for immediate medical or hospital care. The EpiPen® and EpiPen® Jr. auto-injectors are disposable delivery systems that have a spring activated, concealed needle. Read the instructions included in each package immediately so you are familiar with them before an emergency occurs. Do not remove the safety cap until you are ready to inject this medication. Never put your fingers over the black tip when removing the safety cap or after the safety cap has been removed. Also available is AviQ, a voice instructed auto injector.

How to use the Epi-Pen® and Epi-Pen®Jr.:

- Form a fist around the auto-injector with the black tip pointing down. Pull off the gray safety cap. Once the safety cap is removed, the auto-injector is ready for use and can be activated
- Place the black tip against your outer thigh. Do not inject epinephrine into a vein or the buttocks. Inject it only into the fleshy outer portion of the thigh. It is not necessary to remove your clothing first, the EpiPen auto-injector is designed to work through clothing. Do not put your thumb over the end of the black tip. Each auto-injector delivers a single dose of epinephrine. Even though a small amount of liquid remains inside, the unit cannot be used again. With a quick motion, push the auto-injector firmly against your thigh. This will release a spring-activated mechanism that injects a dose of epinephrine. Hold the auto-injector in place for a few seconds after activation.

- Remove the auto-injector from your thigh. Carefully re-insert the used auto-injector - needle first - into the amber carrying tube. Re-cap the amber tube and take it with you to the emergency room so that the doctor will know that you have had a shot of epinephrine and what amount you received.
- With severe reactions, repeat injections may be necessary. Follow your doctor's instructions.
- Accidental injection of epinephrine into the hands or feet may result in a loss of blood flow to the affected area. If this occurs, go immediately to the nearest emergency room for treatment.
- Do not use epinephrine that is discolored, has particles in it, or has passed the expiration date printed on the side of the unit.
- Store epinephrine injectable in the tube provided at room temperature away from direct sunlight, heat, and moisture. Do not refrigerate this medication.

On-Campus Resources:	Off-Campus Resources:
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Public Safety: 508-793-2224

Off Campus emergency 911

On Campus emergency tel. 508-793-2222

Local allergist: Central MA Allergy and Asthma Care

Health Services: 508-793-2276

100 Martin Luther King Blvd. Worc.MA 01608

Disability Services: 508-793-3693

1-508-334-9790 centralmassallergy.com

Holy Cross Dining Dietician: 508-793-3618

Local hospital: UMass Memorial Health Care Inc.

Counseling Center: 508-793-3363

119 Belmont St., Worc., MA

Residential Life: 508-793-2411

508-334-1000

Food Allergy Action Plan

Name: _____ D.O.B. ____/____/____
Last First M.I.

ALLERGY TO: _____

Asthmatic: YES* NO
*Higher risk for severe reaction

Weight _____ lbs

Extremely reactive to the following foods:

THEREFORE:

- If checked, give epinephrine immediately for ANY symptoms if the allergen was likely eaten.
- If checked give epinephrine if the allergen was definitely eaten, even if no symptoms are noted.

Any SEVERE SYMPTOMS after suspected or known ingestion:

One or more of the following:

LUNG: Short of breath, wheeze, repetitive cough

HEART: Pale, blue, faint, weak pulse, dizzy, confused

THROAT: Tight, hoarse, trouble breathing/ swallowing

MOUTH: Obstructive swelling (tongue or lips)

SKIN: Many hives over body

Or combination of symptoms from different body areas:

SKIN: Hives, itchy rashes, swelling (eyes, lips)

GUT: Vomiting, diarrhea, crampy pain

1. INJECT EPINEPHRINE IMMEDIATELY

2 Call 911

Medstar amb.1-866-782-7669

3. Begin monitoring (see box below)

4. Give additional medications:*

-Antihistamines

-Inhaler if asthma

Antihistamines & inhalers are not to be depended upon to treat a severe reaction (anaphylaxis)

Use Epinephrine

MILD SYMPTOMS ONLY:

MOUTH: Itchy mouth

SKIN: a few hives around mouth/face, mild itch

Mild nausea/discomfort

1. GIVE ANTIHISTAMINE

2. Stay with student. Alert health care professionals.

3. If symptoms progress, USE EPINEPHRINE

4. Begin Monitoring

Medications/Doses

Epinephrine (brand and dose): _____

Antihistamine (brand and dose): _____

Other (e.g. inhaler-bronchodilator if asthmatic) _____

Monitoring

Stay with student; alert health care professionals. Tell 911 epinephrine was given; request an ambulance with epinephrine. Note the time when epinephrine was administered. A second dose of epinephrine can be given 5 minutes or more after the first if the symptoms persist or recur. For a severe reaction, consider keeping the student lying on back with legs raised.

Physician's Name (Print) _____ Phone Number (____) _____

Physician's Signature _____ **Date** _____

I agree to the above treatment plan in the event of an allergic reaction. I authorize health care providers and emergency personnel to provide medical treatment.

Student signature: _____ Date _____

If student is under 18 years of age, a Parent /Guardian must co-sign:

Printed Name: _____ Relationship: _____ Signature _____

Parent/ Guardian _____