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.

Student’s Responsibility

It is the responsibility of the student to contact Health Services 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.
- Students living with Celiac disease, medically documented gluten intolerance, and/or signs and symptoms of anaphylaxis will need to provide medical documentation to Health Services. The healthcare provider must provide documentation of history of your disease, evidence of laboratory and/or biopsy diagnosis and your specific treatment plan. This information can be faxed to Health Services at 508-793-3610. This documentation is required in order for the student to be placed into the Food Allergy and Special Diet (FASD) program at Holy Cross Dining Services.
- Students with a history of anaphylaxis and/or students who carry an Epi-pen should contact the Director of Health Services, Martha Sullivan, @ Sullivan@holycross.edu to discuss access to emergency care on campus.
- It is highly recommended that students living with food allergies/signs and symptoms of anaphylaxis schedule an appointment with Alyssa Pittman, registered dietitian, by calling Kimball Dining Services at 508-793-3618 or email apittman@holycross.edu.

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.

Health Services Responsibility

- Review the student’s Food Allergy Action Plan and health records submitted by the student and physician. Students will be notified by Health Services if they have had a history of signs and symptoms of anaphylaxis or medically documented gluten intolerance to discuss dining options.

- Students may schedule an appointment with Health Services after the student has identified themselves as needing assistance with their food allergy. Discuss emergency procedures and answer any questions that the student may have.

- Names of students who qualify for the FASD program will be forwarded to the Kimball dietitian, along with the specific allergy and/or diagnosis.

- May identify a core team of, but not limited to staff in Health Services, Dining Services and Residence Life to work with the student to establish a food allergy management plan. Meetings with the student, parent(s), and team members may take place prior to the student’s arrival on campus and 4-6 weeks after the initial meeting. Changes to the plan may be made with core team participation.

- Review policies/prevention plan with core team members and student after a reaction has occurred and as indicated.

Dining Services responsibility

The student may make an appointment with Dining Services on how they can dine safely at Holy Cross. They may email Kathy Egan, Dietitian: kegan@holycross.edu or by calling 507-793-3618. Education/Services will be provided to the student as needed.

Residence Life Responsibility

- Appropriate staff members, including RAs should be aware of how to contact Emergency Medical Services.
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:  

Public Safety: 508-793-2224  
On Campus emergency tel. 508-793-2222  
Health Services: 508-793-2276  
Disability Services: 508-793-3693  
Holy Cross Dining Dietician: 508-793-3618  
Counseling Center: 508-793-3363  
Residential Life: 508-793-2411  

### Off-Campus Resources:  

Off Campus emergency 911  
Local allergist: Alan Harris MD  
100 Martin Luther King Blvd., Worc. MA 01608  
Health Services: 508-793-2276  
Disability Services: 508-793-3693  
Holy Cross Dining Dietician: 508-793-3618  
Counseling Center: 508-793-3363  
Residential Life: 508-793-2411  
Local hospital: UMass Memorial Health Care Inc.  
119 Belmont St., Worc., MA  
508-334-1000  

centralmassallergy.com
Food Allergy Action Plan

Name: ___________________________ ______________________ _____
Last First M.I.

D.O.B. ___/_____/____

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 below

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
GUT: Mild nausea/discomfort

1. GIVE ANTIHISTAMINE
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 ___________________________________