

Gathering Table Guideline: Allergy Safety

Currently, some parishioners at Gathering Table have severe allergies to things like peanuts, tree nuts, fish, coffee and hand sanitizer. Our guests may have similar or other severe allergies as well. Any *minimal* contact with these items we know of – *even the slightest residue* on hands and common surfaces (e.g. door fixtures, tables, milk jugs handles) may cause anaphylactic shock (severe allergic reaction) and unconsciousness within a matter of minutes. Anaphylactic shock may also occur if allergens are airborne. Such exposures to the allergen may even cause death.

We recognize that persons who have severe allergies or are parents/ guardians of minors with severe allergies take this issue and their primary responsibility for personal safety very seriously. Our intent is to support these persons by taking all reasonable measures to make it an allergy-safe, welcoming environment. ***Nonetheless, we cannot guarantee an environment that is completely allergen-free.***

Our measures will include:

Communications

- Disseminating this guideline and other related information regularly in various church media (e.g. bulletins, newsletters, web site, Facebook page)
- Ensuring this policy is incorporated into other church policies and procedures such as facility use agreements, kitchen team protocols, and parish nursing job description
- Providing a central location where information can be posted and accessed by all – particularly those who handle food.
- Regular Sunday bulletin notices will include a reminder to wash hands regularly with soap and water, and to use hand sanitizer only after leaving the buildings. Options for greeting each other without a handshake will be provided in the bulletin as well.

Allergen Awareness

- Keeping a highly visible *Allergen List* in the Kitchen and other locations to promote a broad awareness of potential allergen issues – particularly for those persons handling food to be served at any event.

Provisions for Individuals at Risk

- Requesting that persons with allergies identify themselves to church officials (Wardens, Incumbent, Parish Nurse) for the purpose of completing a personalized, optional, confidential *Food Allergy Action Plan* document (attached). This document will be used to update the Allergen List, and will be shared with the Parish Nurse and/or other professional health care providers.
- Requesting that if persons are uncertain as to the ingredients of food being served, they ask those in charge of food preparation.

Avoidance strategies

- Persons arranging food to serve at Gathering Table will request that any home- prepared food be free of allergens identified on the *Allergen List*, and that the food be accompanied by a list of ingredients.
- Persons arranging food to serve at Gathering Table will request that any commercially-prepared foods be free of allergens on the *Allergen List*.
- “May contain” foods will be handled and served separately. A highly visible sign indicating the nature of the “may contain statements” will be placed immediately in front of the food. Persons handling such food will be encouraged to take specific training in this regard.
- Except for coffee used for social events, and except for unopened containers of allergen-containing food (e.g. peanut butter, fish) that are stored and distributed through our Food Cupboard program, foods containing allergens on the *Allergen List must not knowingly be brought into the buildings*.
- Items and surfaces frequently handled such as door pulls, light switches, counter tops, will be regularly cleaned.

Training

- For persons handling food, on-line training will be encouraged through the allergy Canada website <https://foodallergycanada.ca/programs-services/training-services/>
- All persons who may be willing to assist in an emergency will be encouraged to receive and/or update training in the identification of an anaphylactic reaction and the use of an epi-pen

Emergency Protocol

- In the event of someone having an anaphylactic reaction:
 - CALL 911
 - As may be needed, assist in using an epi-pen
 - Provide comfort to the victim
 - Provide information to Emergency First Responders as may be needed

Roles and Responsibilities

- The Wardens will implement this guideline and ensure it is communicated widely. They will also facilitate training and awareness for persons handling food, and assess the effectiveness of this policy annually.
- It is our goal that all parishioners be aware of the seriousness of allergic reactions, and take appropriate measures to minimize the risks.

GATHERING TABLE FOOD ALLERGY ACTION PLAN

Guidelines: The Parish Nurse is to discuss this treatment plan with the person, parent / guardian. The family / guardian authorizing this treatment is expected to have established this response with their physician as part of their routine allergy management plan. Their signature below verifies this.

Name: _____ D.O.B: _____ Gender: M F

ALLERGY TO: _____

Is the person Asthmatic No Yes, if so, then the person is at Higher risk for severe reaction

Note: persons with allergies need to carry their own epinephrine / epipen.

STEP 1: TREATMENT

<u>Symptoms:</u>	<u>Give Checked Medication</u>	
<input type="checkbox"/> If a food allergen has been ingested, but <i>no symptoms</i> : List food allergies here:	<input type="checkbox"/> Epinephrine	<input type="checkbox"/> Antihistamine
<input type="checkbox"/> <input type="checkbox"/> Mouth: Itching, tingling, or swelling of lips, tongue, mouth	<input type="checkbox"/> Epinephrine	<input type="checkbox"/> Antihistamine
<input type="checkbox"/> <input type="checkbox"/> Skin: Hives, itchy rash, swelling of the face or extremities	<input type="checkbox"/> Epinephrine	<input type="checkbox"/> Antihistamine
<input type="checkbox"/> <input type="checkbox"/> Gut: Nausea, abdominal cramps, vomiting, diarrhea	<input type="checkbox"/> Epinephrine	<input type="checkbox"/> Antihistamine
<input type="checkbox"/> <input type="checkbox"/> Throat: Tightening of throat, hoarseness, hacking cough	<input type="checkbox"/> Epinephrine	<input type="checkbox"/> Antihistamine
<input type="checkbox"/> <input type="checkbox"/> Lung: Shortness of breath, repetitive coughing, wheezing	<input type="checkbox"/> Epinephrine	<input type="checkbox"/> Antihistamine
<input type="checkbox"/> <input type="checkbox"/> Heart: Weak or thready pulse, low blood pressure, fainting, pale, blueness	<input type="checkbox"/> Epinephrine	<input type="checkbox"/> Antihistamine
<input type="checkbox"/> Other: _____	<input type="checkbox"/> Epinephrine	<input type="checkbox"/> Antihistamine
<input type="checkbox"/> <input type="checkbox"/> If reaction is progressing (several of the above areas affected), give:	<input type="checkbox"/> Epinephrine	<input type="checkbox"/> Antihistamine

STEP 2: MEDICATION & DOSAGE INFORMATION

Epinephrine: inject intramuscularly (CHECK one)

EpiPen EpiPen Jr. Twinject 0.3 mg Twinject 0.15 mg
(see reverse side & posters for instructions)

Antihistamine: _____
medication/dose/route

Other: _____
medication/dose/route

IMPORTANT: Asthma inhalers and/or antihistamines cannot be depended on to replace epinephrine in anaphylaxis.


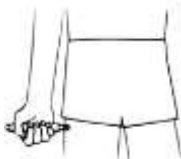
VERIFICATION OF PLAN for: _____

My signature below indicates that this response plan is in compliance with directives from the physician treating this allergy.

Signature

Date

relationship to minor (if applicable)

<p>EpiPen® and EpiPen® Jr. Directions</p> <ul style="list-style-type: none"> • Pull off gray activation cap.  <ul style="list-style-type: none"> • Hold black tip near outer thigh (always apply to thigh).  <ul style="list-style-type: none"> • Swing and jab firmly into outer thigh until Auto-Injector mechanism functions. Hold in place and count to 10. • Remove the EpiPen® unit and massage the injection area for 10 seconds. 	<p>Twinject® 0.3 mg and Twinject® 0.15 mg Directions</p> <ul style="list-style-type: none"> • Remove caps labeled “1” and “2.” • Place rounded tip against outer thigh, press down hard until needle penetrates. Hold for 10 seconds, then remove. <p><u>SECOND DOSE ADMINISTRATION:</u> If symptoms don't improve after 10 minutes, administer second dose:</p> <ul style="list-style-type: none"> • Unscrew rounded tip. Pull syringe from barrel by holding blue collar at needle base. • Slide yellow collar off plunger. • Put needle into thigh through skin, push plunger down all the way and remove.
--	--