



Steuben and Schuyler's most trusted child care resource.

Provider Newsletter

Volume 9, Issue 3

July - September 2021

What is an allergy safe child care facility?

Managing food allergy in a child care setting is a shared responsibility between staff, parents and children. While child care facilities cannot be expected to be completely free of the foods that cause allergic reactions, they should make efforts to create and maintain a safe environment for children with food allergy.

Maintaining an allergy safe child care facility includes:

- Following policies and procedures to reduce the risk of accidental exposure to foods that cause allergic reactions among children who attend the facility.
- Having a care plan for each child with food allergy that contains a copy of their *Anaphylaxis Emergency Plan*. The plan explains what to do in case of an allergic reaction.
- Regularly training staff to ensure they have the knowledge and skills to respond to and care for a child who is having an allergic reaction.

Every child care provider should know:

- The signs and symptoms of anaphylaxis
- How to respond to a child who is having a severe allergic reaction.
- How to call 9-1-1 or local emergency number and how to communicate the health concern
- Each child's allergy and how to help the child avoid their allergens
- Where to find each child's care plan, including their Anaphylaxis Emergency Plan
- Where to find each child's epinephrine auto-injector and how to use it.

What are the symptoms of a severe allergic reaction?

Symptoms of a severe allergic reaction can start within minutes of eating the food that triggers reactions. They will usually occur within 2 hours. While rare, symptoms can take up to a few hours to develop.

Symptoms can vary from person to person. The same person may experience some differences in their symptoms each time they have an allergic reaction. The most dangerous symptoms include difficulty breathing or a drop in blood pressure.

Symptoms of anaphylaxis can include any of the following:

- Breathing: coughing, wheezing, shortness of breath, chest pain or tightness, throat tightness, hoarse voice, nasal congestion or hay fever-like symptoms (such as runny, itchy nose, watery eyes and sneezing), trouble swallowing
- Heart: signs of a drop in blood pressure like weak pulse, feeling faint, dizzy or lightheaded, passing out
- Skin: hives, swelling (tongue, lips or face), itching, warmth, redness, rash, pale or blue-coloured skin
- Stomach: vomiting, nausea, abdominal pain or diarrhea
- Other: anxiety, headache, metallic taste or uterine cramps.

Source: <https://www.healthlinkbc.ca/>

Please reference in your Regulations regarding individual children's food allergies under "Nutrition"

- 414-12 (w) (x)
- 416-12 (ai) (aj)
- 417-12 (ai) (aj),
- 418-1-2 (am) (an)
 - Individual children's food allergies must be posted in a discreet location visible only to staff.
 - Staff must take steps to prevent a child's exposure to the foods to which the child is allergic.

Please reference the Anaphylaxis Policy for Child Day Care Programs on the OCFS website:
<https://ocfs.ny.gov/programs/childcare/policies/>.

Elijah's Law requires child care programs to be in compliance with the policy six months from March 15th, 2021. (a Dear provider letter was sent to all programs regarding this policy information). OCFS strongly encourages child care programs to make required policy updates as soon as possible, and will begin monitoring for compliance on September 15th, 2021.

Anaphylaxis Policy for Child Day Care Programs also requires updates to the program's Health Care Plan. All of the OCFS Health Care Plan forms have been revised. Please reference the OCFS website for more information about these forms at:

<https://ocfs.ny.gov/search/docs.php?type=1&topic=3>

Training: OCFS has developed a 30 minute online training that provides information about common allergies and ways to avoid exposure to prevent reactions. The training also discusses the signs and symptoms of allergic reactions including when to use a non-patient specific epinephrine auto-injector. Soon, this training will be available at no cost to child care programs. OCFS will notify programs when the training is available.

****REMINDER: Regulatory Standard for Supervision Regulations: 414-8 (a), 416-8 (a), 417-8 (a), 418-8(a)**

Children cannot be left without competent supervision at any time. Competent supervision includes awareness of and responsibility for the ongoing activity of each child. It requires that all children be **within the caregiver's range of vision** and that the **caregiver be close enough to respond** when redirection or intervention strategies are needed. Competent supervision must take into account the child's age as well as emotional, physical and cognitive development.

Child Abuse Hotline Information

The State Wide Central Register receives calls 24 hours a day, every day from two types of sources: persons who are required by law (mandated) to report suspected cases of child abuse and maltreatment; and calls from non-mandated reporters, including the public.

For more information visit the Office of Children and Family Services website at <https://ocfs.ny.gov/main/cps/>

Do you suspect abuse or maltreatment? Report it now and call the statewide toll-free number at 1-800-342-3720.



Child Care Aware® of Steuben and Schuyler Contact Information:

Steuben Office:
117 E. Steuben Street
Bath, NY 14810
607-776-2126
Fax: 607-776-4873

Schuyler Office:
323 Owego Street, Unit 6
Montour Falls, NY 14865
607-535-6806

Hours of Operation: M - F 8:30 am – 4:30 pm
www.proactioninc.org/CCA

Visit our social media pages:

Facebook: *Child Care Aware of Steuben and Schuyler*

Twitter: @CCAoSsny

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