



KEEPING SCHOOLS SAFE —  
PROTECTING STUDENTS WITH  
LIFE-THREATENING ALLERGIES

# Sabrina's LAW

## **Vision**

Achieving Excellence in Catholic Education

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*Peterborough Victoria  
Northumberland and Clarington  
Catholic District School Board*

## What is Sabrina's Law?

BILL 3 – Sabrina's Law is named after Sabrina Shannon, a 13-year-old from Pembroke with a milk allergy, who died in 2003 from an anaphylactic reaction after eating French fries which may have been contaminated by a dairy product.

The legislation has been enacted to protect students with life-threatening allergies, such as anaphylaxis in a school setting, and became effective on January 1, 2006.

## What is Anaphylaxis?

Anaphylaxis (*anna-fill-axis*) is a serious allergic reaction that can be life-threatening. Anaphylaxis affects multiple body systems, including skin, upper and lower respiratory, gastrointestinal, and cardiovascular.

## What causes an Anaphylactic Reaction?

Food is the most common cause of anaphylaxis, but insect stings, medicine, latex, immunotherapy, or exercise can also cause a reaction. The priority food allergens as identified by Health Canada are:

- |                              |             |             |
|------------------------------|-------------|-------------|
| ❖ Peanuts                    | ❖ Shellfish | ❖ Tree Nuts |
| ❖ Milk                       | ❖ Seafood   | ❖ Soy       |
| ❖ Egg                        | ❖ Wheat     | ❖ Sesame    |
| ❖ Sulphites (food additives) |             | ❖ Mustard   |

## Recognizing Symptoms

### Think F.A.S.T.\*

During an anaphylactic reaction any of these symptoms may appear.

- |          |         |   |
|----------|---------|---|
| <b>F</b> | FACE    | itchiness, redness, swelling of face and tongue   |
| <b>A</b> | AIRWAY  | trouble breathing, swallowing or speaking   |
| <b>S</b> | STOMACH | stomach pain, vomiting, diarrhea  |
| <b>T</b> | TOTAL   | hives, rash, itchiness, swelling, weakness, pallor (paleness), sense of doom, loss of consciousness |

## Emergency Response

- 1** Act quickly – give epinephrine (e.g. EpiPen®) immediately.
- 2** Call 911 and use the word “anaphylaxis”. Students must go to the hospital.
- 3** Give a 2nd dose of epinephrine as early as 5 minutes after the first dose if there is no improvement in symptoms.
- 4** Contact the student’s parents or emergency contact.

## What is Epinephrine?

Epinephrine is the most common medication used in a potentially life-threatening allergic reaction. The EpiPen® should be administered immediately in the event of an allergic reaction.

## Board Prevention and Management Anaphylaxis Plan

To adhere to the principles of Bill 3 - Sabrina’s Law, the Peterborough Victoria Northumberland and Clarington Catholic District School Board has developed Administrative Procedures entitled Anaphylaxis: Reducing the Risks.

The Policy and Administrative Procedures:

- ❖ Develop awareness about the management of allergens;
- ❖ Establish avoidance strategies to reduce the risk of exposure;
- ❖ Provide training on dealing with life-threatening allergies;
- ❖ Develop emergency response procedures within each Catholic school community.

In addition, the Board requires that contracts with food service providers and transportation operators address anaphylaxis awareness, avoidance, and emergency procedures.

## School Prevention and Management Anaphylaxis Plan

It is the duty of every school to provide a safe environment for all students. The School Prevention and Management Anaphylaxis Plan shall fulfill the school's obligations by:

- ❖ Sharing information and creating awareness of life-threatening allergies in the school;
- ❖ Developing reasonable procedures for avoidance of potentially anaphylactic situations and reducing risks where possible, by:
  - Reducing allergens in classrooms and common areas.
  - Eating in designated areas and keeping these areas clean.
  - Covering/moving garbage containers from gathering/play areas.
  - Eliminating nests of insects which sting.
  - Encouraging people to read food labels.
  - Avoiding unlabeled foods and not sharing food, utensils, straws and food containers.
  - Washing hands before and after eating.
- ❖ Outlining annual anaphylaxis training for staff.
- ❖ Executing appropriate emergency procedures.

## Legal Considerations

- ❖ Immunity/Sabrina's Law: No action for damages shall be instituted respecting any act done in good faith or for any neglect or default in good faith in response to an anaphylactic reaction in accordance with this Act, unless damages are the result of an employee's negligence.
- ❖ Common law ("Good Samaritan") protects people when they provide emergency first aid in a reasonable and acceptable manner.
- ❖ The Supreme Court of Canada has recognized that the "standard of care" owed by an educator to a student is that of "a careful or prudent parent."
- ❖ OHIP coverage includes EpiPen® prescriptions as of January 1, 2018.

## Parent Obligations

- ❖ Inform the school about your child's life-threatening allergies and complete Authorization for Administration of Medication form.
- ❖ Ensure child carries EpiPen® at all times.
- ❖ Provide additional emergency EpiPen® to school.

For more information, refer to the Peterborough Victoria Northumberland and Clarington Catholic District School Board Administrative Procedures (319) available on the PVNCCDSB website.

## Resources

### **Sabrina's Law:**

<https://www.ontario.ca/laws/statute/05s07>, 2005.

### **PPM 161:**

Supporting Children and Students with Prevalent Medical Conditions (Anaphylaxis, Asthma, Diabetes, and/or Epilepsy) in Schools, 2017.

### **Food Allergy Canada:**

<http://foodallergycanada.ca/resources/print-materials/>

### **Allergy Aware:**

[www.allergyaware.ca](http://www.allergyaware.ca)

(Free online courses about food allergy and anaphylaxis for school, child care and community settings)

### **Healthy Schools, Ministry of Education:**

<http://www.edu.gov.on.ca/eng/healthyschools/medicalconditions.html>

## **PETERBOROUGH VICTORIA NORTHUMBERLAND AND CLARINGTON CATHOLIC DISTRICT SCHOOL BOARD**

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