



## KEEPING SCHOOLS SAFE – PROTECTING STUDENTS WITH LIFE-THREATENING ALLERGIES

# *Sabrina's Law*

### 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.



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## 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.\* (Anaphylaxis Canada)

During an anaphylactic reaction any of these symptoms may appear.

<b>F</b>	<b>FACE</b>	itchiness, redness, swelling of face and tongue
<b>A</b>	<b>Airway</b>	trouble breathing, swallowing or speaking
<b>S</b>	<b>STOMACH</b>	stomach pain, vomiting, diarrhea
<b>T</b>	<b>TOTAL</b>	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



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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 (825) available on the PVNCCDSB website.

### Resources

[Sabrina's Law, 2005, SO 2005, c.7](#)

[PPM 161: Supporting Children and Students with Prevalent Medical Conditions \(Anaphylaxis, Asthma, Diabetes, and/or Epilepsy\) in Schools, 2017.](#)

[Food Allergy Canada](#)

[Allergy Aware](#) (Free online courses about food allergy and anaphylaxis for school, child care and community settings)

[Ministry of Education: Supporting Students with Medical Conditions](#)



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