



## LONG LAKE CAMP ALLERGY POLICY

### What is Anaphylaxis?

Anaphylaxis (pronounced anna-fill-axis) is a serious allergic reaction that is rapid in onset and may cause death. An allergen is a substance capable of causing an allergic reaction. Upon first exposure in individuals who are predisposed to allergy, the immune system treats the allergen as something to be rejected rather than tolerated. This process is called *sensitization*. Re-exposure to the same allergen in the now-sensitized individual may result in an allergic reaction which, in its most severe form, is called ***anaphylaxis***.

### Ways to Reduce the Risk of Anaphylaxis

#### 1. Safety is Awareness - Understanding the Problem

##### **Awareness of the Causes**

Long Lake Camp recognizes that more and more people are developing allergies that cause anaphylactic reactions and some of these cases can be extremely severe. We seek to reduce the risk of anaphylactic reactions at LLC by becoming an “allergen aware” environment.

LLC staff members are trained in the understanding of high risk allergens. Specific emphasis is placed upon understanding allergies that we are aware of people having who are coming to and working at Long Lake Camp.

##### **Awareness of the Emergency Plan**

Long Lake Camp staff will make every effort to work with parents and campers to help manage their allergies while at camp. We will seek to have parents, staff and campers communicate, in writing, any known allergies that they have and together formulate the best strategy to deal with the problem. Other staff members are informed of people with high risk allergies and what the established plan is for the individuals. If anyone at LLC has food allergies a food allergy list is to be posted in the kitchen.

#### 2. Safety is Avoidance - Reducing Exposure

##### **Responsibility of Staff**

Staff are trained in identifying the high-risk allergens, reducing the risk of cross

contamination and responding to potential emergencies.

Additional epinephrine is also kept in the first aid room (in the main lodge) or other designated area.

We will do our best to provide information on all food ingredients served at LLC to those who request it.

- Cooks clean the cooking utensils and surfaces before preparing food for the allergic guests and attempt to minimize the threat of cross contamination.
- Food service personnel will attempt to check ingredients carefully and inform the person with the allergy of foods that may affect them.
- People with severe allergies should be served first in buffet lines to reduce the risk of cross contamination.
- People with severe allergies will have their dishes washed separately or be served on disposable dishes.
- Staff need to encourage campers to wash their hands and faces after each meal.
- Cabin leaders with campers in their cabins with severe allergies will discuss anaphylaxis with the entire cabin and strategies to deal with it.

### **Responsibility of Person with Allergy**

It is important that people recognize that they are responsible for themselves and personally must do all they can to avoid allergens that could cause anaphylaxis.

- Carry an unexpired epinephrine auto injector (e.g. Epipen or Ana-Kit) at all times. If possible they should also bring at least two auto injectors to camp.
- Wear their medic alert bracelet or tag stating the use of epinephrine, if appropriate.
- Avoid all contact with allergen(s).
- Wash hands before eating anything.
- Do not share food, utensils, or straws with anyone.
- Promptly inform a staff member of accidental exposure to a known allergen.

### **3. Safety is Action - Responding to Emergencies**

#### **Epinephrine Auto Injectors**

People with severe allergies are required to carry an unexpired epinephrine auto injector (e.g. Epipen or Ana-Kit) at all times. If possible they should also bring at least two auto injectors to camp. Staff are trained in the use of auto injectors and the emergency treatment plan.

#### **Key Points for Treatment Reminder Card**

A Card outlining the treatment steps will be included:

- \* with each preloaded epinephrine syringe and
- \* in each first aid kit

### *Treatment Steps on the Card*

If there is a suspected exposure to an allergen AND the individual exhibits- wheezing, is in distress/anxious, difficulty breathing, blue around lips, finger nails, give the first dose immediately. If the individual carries an Epinephrine auto injector, have them use their pen(s) first, then if required use the preloaded epinephrine syringe(s). CALL 911 IMMEDIATELY to arrange transportation to hospital.

- Inject in outer, meaty part of the thigh (Epinephrine auto-injector may be injected through thin layer of clothing, syringe may not)
- Inject slowly (Epinephrine auto-injector - count to 10 slowly) and then remove
- Massage the area afterwards, discard of sharps safely
- Take note the time of injection
- If symptoms continue, repeat dose in 5-10 minutes

If the individual is not having severe difficulty breathing:

- Give correct dosage of an ANTI-HISTAMINE. (1 tablet for child, 2 tablets for adult). Encourage the individual to chew and swallow or hold under tongue to dissolve. Begin Process of Evacuation Immediately.

### **Hospital**

Inform Camp First Aider or staff member immediately to arrange transportation to South Shore Regional Hospital in Bridgewater. Remain at the hospital for at least four hours because a reaction can still occur.

### **Nut Free Environment**

Peanut and nut products account for the majority of severe anaphylactic reactions. Peanut oil residue is easily spread from hand to hand, and around kitchen surfaces as well as other surfaces.

Because of this, LLC attempts to reduce the risk of potential exposure to nut products at camp with our Nut Free Policy. Peanut and nut products will not be used at LLC, including food service and tuck shop.

It is important that all parties (camp staff, parents and campers) clearly understand that, in no way, can we guarantee that we will be a **COMPLETELY NUT FREE** environment. Staff and campers are asked to abstain from bringing any nuts, or products containing nuts, into camp. Similarly, rental groups during the August through June period will be asked to abstain from bringing any nuts, or products containing nuts into camp.