

*Office of the School Nurse*  
AFNORTH International School

Ferdinand Bolstraat 1, 6445 EE Brunssum, The Netherlands

August 17, 2007

Dear Parents,

Incidences of food allergy have been on the rise. Peanuts, tree nuts, seafood, wheat, milk, and eggs are some of the usual causes of food allergies. For children who have had a previous allergic reaction, subsequent exposure to the allergy-causing substance can result in a more serious reaction, or an anaphylactic reaction.

Anaphylactic reactions are allergic reactions in more than one body system and can be life-threatening. Symptoms of anaphylaxis usually include itching in addition to difficulty breathing, swelling of the lips or tongue, a sharp drop in blood pressure, palpitation, vomiting, abdominal cramping, faintness, or collapse. Whatever the cause, anaphylaxis is a serious medical condition that necessitates immediate recognition, emergency treatment with epinephrine, and a medical evaluation by a physician.

The only way to prevent such a reaction is to avoid contact with the allergy-causing foods. AFNORTH International School has a “no food sharing” policy and peanuts and peanut-containing products are no longer served in the school cafeteria. However, the allergic child may still come in contact with the allergen from the food that the other children bring with them from home. To keep the school environment safe for all the other children, we ask that parents refrain from sending such foods to school with their children. The beginning of a school year can be both exciting and anxiety-provoking especially for parents of children who will be coming to school for the very first time. Please help us make this school a safe place for all children.

Anaphylaxis is a serious medical condition but, through avoidance, immediate recognition, and emergency treatment, we can keep our children safe. Please inform your national office, your child’s teacher, and the school nurse if your child has any medical condition that may impact his or her school performance. We also request that you keep us informed of any changes in your child’s contact information.

If you have any questions, please contact me at 0031-45-527-8213/229 or at [susette.soria@eu.dodea.edu](mailto:susette.soria@eu.dodea.edu). Let us continue to work together for the health of our children.

Sincerely,

Susette Soria, M.S.N., R.N., PHN  
School Nurse, ES