

# Desoto County Schools

## Celiac Disease Care Plan

Student name: \_\_\_\_\_ Date: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

**Celiac Disease** is a disorder of the small intestine characterized by permanent inability to tolerate dietary gluten (a protein found in wheat and other grain products). You can effectively manage celiac disease through changing your diet. Treatment usually consists of lifelong gluten-free diet, adequate caloric intake, supplemental vitamins and minerals, reduced fat intake and close monitoring for celiac crisis.

### Common signs of Celiac Disease That You May See At School

Diarrhea	Bloating, cramps, or gas	Irritability	Difficulty Concentrating
Fatigue	Lack of interest	Changes in Behavior	

### Provisions For School:

1. Do not give the student any food unless it has been sent in by his/her parents or approved by the parents.
2. Teachers/staff must wash their hands before handling the student's food to avoid cross contamination.
3. Student must have unrestricted access to the bathroom.
4. Teachers will notify the student's parents of any projects where they will be using products containing gluten. *For example: Student **may not use play dough** since it contains wheat, but model magic may be used.*
5. Provide access for handwashing before eating.
6. Notify parents immediately if the student has eaten gluten or has any symptoms or discomfort.
7. Other special instructions: \_\_\_\_\_  
\_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Physician Stamp: