

GUIDELINES FOR ANAPHYLAXIS

Food Allergy-is a condition that occurs when an individual's immune system overreacts to a food. An individual with a food allergy may have allergic symptoms after eating even a trace amount of the food. It is the leading cause of anaphylaxis outside the hospital setting. Food Allergy signs are available (in nurses office) for room doors. Many of our students with severe reactions have Epi-Pens to treat this. **Bee-Sting allergy** is also a cause of anaphylaxis. Stinger to be removed with a credit card/do not squeeze.

Anaphylaxis-is a systemic allergic reaction that can be sudden, severe, and **sometimes fatal**. Symptoms can start within a few seconds or take up to 2 hours to occur. Symptoms can resolve and then reoccur several hours later.

Symptoms include:

- Itchy, red rash, Hives
- Pale, weak
- Cramps, nausea, vomiting, diarrhea
- Lightheadedness, anxiety, feeling of impending doom
- Warmth, flushing, tingling, itching of mouth, eyes & throat
- Difficulty swallowing
- Coughing, shortness of breath
- Chest tightness, wheezing (inhalers do not treat this condition)

***Epinephrine should always be used to treat respiratory symptoms of anaphylaxis.
911 will always be called after using an Epi-Pen for anaphylactic reactions**

Teachers will be notified if they have a student who has anaphylactic reactions and will be given a copy of their Emergency Management Plan. Epi-Pen trained personnel will be in each school to handle such an emergency. Epi-Pens (and trained personnel) will be taken with students on field trips and will be kept with an adult, with the child. Medication to be kept at room temperature. Students are permitted to carry their own Epi-Pen with appropriate paperwork on file from the physician.

Notify Cheryl ext: 7405 for information or training. Teachers with a student who has an Epi-Pen will be trained to use this lifesaving medication.

Cheryl's cell number (emergency calls only) 509-3179/ or ext 7405

If medication is not available call 911 immediately for exposure to allergen and/or signs of reaction begin. Student will need immediate medical treatment by Emergency response.