

## GUIDELINES FOR ANAPHYLAXIS

**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. The 2 main type of anaphylaxis we encounter at school are caused by either foods or bee stings.

Food Allergy - 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.

Bee Sting Allergy - a condition that occurs when an individual's immune system overreacts to a bee sting.

Symptoms:

- Itchy, red rash (hives)
- Difficulty swallowing
- Coughing, shortness of breath
- Wheezing/chest tightness
- Lightheadedness
- Anxiety (feeling of impending doom)
- Warm, flushing, tingling, itching of mouth, eyes & throat
- Pale
- Weak
- Cramps
- Nausea
- Vomiting
- Diarrhea

Teachers will be notified if they have a student who has a food allergy or an allergy to bee stings. They will also be given a copy of that student's individual Emergency Management Plan. \*Epinephrine is used to treat the respiratory symptoms of anaphylaxis. \*\*911 must always be called after using an Epi-Pen. Epi-Pen trained personnel will be in each school to handle such an emergency. Epi-Pens (and trained personnel) will be taken with the student on field trips. Medication will be kept at room temperature. Students are permitted to carry their own Epi-Pen with appropriate paperwork on file. If medication is not available call 911 immediately for signs of a reaction.

Notify H. McCormack, RN @7405 if you have any questions or need training.

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