

**Maryville City Schools**  
**Health Services**

**Management of Students with Severe Allergic Reactions**

Anaphylaxis is a severe allergic reaction which can be life-threatening. It may occur within minutes or an hour or more after a triggering event.

The school nurse is responsible for training and supervision of unlicensed personnel. School personnel are pre-designated and trained to carry out the management of an allergic reaction occurring to students. Medications should be kept in close proximity to the student at all times (including playground and field trips). If auto-injectable epinephrine is administered to a student, call 911 and notify the parent. The student must be evacuated from school. An adult should remain with the student at all times if a reaction occurs.

Signs of an Allergic Reaction:

- Mouth: itching and swelling of the lips, tongue, and mouth
- Throat: itching and/or a sense of tightness in the throat, hoarseness, and hacking cough
- Skin: hives, itchy rash, and/or swelling about the face or extremities
- Gut: nausea, abdominal cramps, vomiting, and/or diarrhea
- Lung: shortness of breath, repetitive coughing, and/or wheezing
- Heart: “thready pulse,” “passing out”

\*The severity of symptoms can quickly change. Any of the above symptoms can potentially progress to a life-threatening situation.

Action Plan:

1. Immediately assess respiratory system.
2. Administer auto-injectable epinephrine and/or other medications per doctor’s instructions.
3. Call 911 to activate EMS and notify school nurse.
4. Place individual in position of comfort, sitting or lying on side.
5. Monitor closely until arrival of EMS and begin CPR if necessary.

Nurse Follow-up:

- Refer ALL cases to their personal physician.
- Recommend discussion with physician about avoiding triggers and prescription of medications if appropriate.
- Recommend consultation with an allergist (if appropriate) for further evaluation.
- Complete required documentation/reports.