

Asthma/Anaphylaxis Information

The Minnesota Legislature passed a law which allows public elementary and secondary students to carry and use their inhalers and epi-pens prescribed for asthma or anaphylaxis . The following provides an overview of the requirements that must be met **before** a student is given permission to carry and self-medicate with those medications in the South St. Paul Public Schools:

- The school district receives annual written authorization from the student's parent/guardian for the student to self-administer.
- The school district receives annual written orders from the attending physician for the inhaler with a statement that the student may self-medicate.
- The inhaler or epi-pen is properly labeled for the student.
- The school nurse assesses the student's knowledge and skills to safely possess and use his/her inhaler or epi-pen in a school setting and develops a plan for each student. The school nurse will contact the student's parent/guardians if there are any concerns regarding the safe use of the inhaler or epi-pen in school.
- Students who self-carry may want to have a back-up inhaler or epi-pen kept in the Health Office in case they forget their inhaler or epi-pen or it is not on their person when needed.

It is essential that Health Services are aware of students who have asthma or anaphylaxis, which are potentially life-threatening conditions, so that we can plan for safe care during the school day and help eliminate barriers to learning and participation in activities. Please download one of the Asthma Action Plans or Anaphylaxis Emergency Care Plans below to take to your medical provider to complete and return to the school.

Food Allergy Awareness Information

Anaphylaxis is a sudden, severe allergic reaction that involves various areas of the body simultaneously. Food allergies, insect stings, medications and latex can cause an anaphylactic reaction.

Common Warning Signs and Symptoms of an Anaphylactic Reaction:

- Complaint of a tingling, itchiness, or metallic taste in the mouth
- Hives
- Difficulty breathing
- Swelling and/or itching of the mouth and throat area
- Diarrhea
- Vomiting
- Cramps and stomach pain
- Paleness (drop in blood pressure)
- Loss of consciousness

If you have further questions, please contact the Health Office at your student's school:

High School Health Office - (651) 457-9449