

## **ALLERGIC REACTION GUIDELINES**

### **STANDARD EMERGENCY CARE STEPS FOR ALLERGIC REACTIONS**

Office/health room staff will observe the student for at least 30 minutes. If no signs of reaction are noted, the student will be sent to class and alert teacher of the episode.

If your child has medication at school, it will be given per physician's/parent's instructions.

Parents will be notified that their child has been exposed to an allergen.

If emergency (anaphylactic) symptoms are exhibited, EpiPen will be administered by trained staff person and 911 called. Parent and school nurse will be notified. **ANAPHYLAXIS CAN OCCUR WITHIN MINUTES OF EXPOSURE TO THE ALLERGEN AND UP TO 2 HOURS AFTER EXPOSURE.**

### **POSSIBLE SIGNS/SYMPTOMS OF ANAPHYLAXIS:**

**SNEEZING, WHEEZING, COUGHING  
SHORTNESS OF BREATH, DIFFICULTY**

#### **BREATHING**

**TIGHTNESS IN THE CHEST  
ITCHING, WITH OR WITHOUT HIVES  
RAISED RED RASH ANYWHERE ON THE BODY  
DIFFICULTY SWALLOWING  
SWELLING OF EYES, LIPS, FACE, TONGUE,**

#### **THROAT OR ELSEWHERE**

**HOARSENESS  
SWEATING AND ANXIETY  
NAUSEA, ABDOMINAL PAIN, VOMITING,**

#### **DIARRHEA**

**SKIN FLUSHING OR EXTREME PALLOR  
BURNING SENSATION, ESPECIALLY FACE OR CHEST  
INVOLUNTARY BOWEL OR BLADDER ACTION  
DIZZINESS AND/OR FAINTING  
SENSE OF IMPENDING DOOM  
RAPID OR WEAK PULSE  
BLUENESS AROUND LIPS, INSIDE LIPS OR**

#### **EYELIDS**

**LOSS OF CONSCIOUSNESS**