

### Quick Allergy Action Plan

For one or more of the following SEVERE SYMPTOMS after suspected or known ingestion:

- > Lung - short of breath, wheeze, repetitive cough
- > Heart - pale, blue, faint, weak pulse, dizzy, confused
- > Throat - tight, hoarse, trouble breathing/swallowing
- > Mouth - obstructive swelling (tongue and/or lips)
- > Skin - Many hives over body

Or a combination of symptoms from different body areas:

- > Skin - Hives, itchy rash, swelling (e.g., eyes, lips)
- > Gut - vomiting, crampy pain

- give Epi-Pen • give Benadryl per care plan
- call 911 • call school nurse
- call parent • continue to monitor until EMS arrives

For MILD SYMPTOMS ONLY:

- > Mouth - itchy mouth
- > Skin - A few hives around mouth/face, mild itch
- > Gut - Mild nausea/discomfort
- give Benadryl per care plan • call school nurse
- call parent • continue to monitor

### Asthma Action Plan

If student has difficulty with breathing:

1. Stop student's activity and move away from any trigger.
2. Stay calm, speak reassuringly, and provide privacy.
3. Allow student to choose sitting or standing position. NEVER FORCE A STUDENT TO RECLINE.
4. Provide rescue Albuterol inhaler; if none call 911.
5. If no response to inhaler within 5 to 10 minutes, call 911.

Call 911 IMMEDIATELY IF:

- Lips and fingertips are blue. • Student looks disoriented.
- Skin is retracted, sucking between the ribs or around neck.
- If student's symptoms do not get better.

### Migraine Headache Action Plan

- At onset, administer documented medication if available and allow student to rest for 15 to 30 minutes in darkened, quiet area. Apply cool compress as tolerated.
- If headache does not improve or more symptoms develop, contact parent/guardian.
- If the following symptoms occur - a change in mental status, difficulty awakening, or trouble walking, moving, or talking - call 911, the school nurse, and the parent/guardian.

### Seizure Action Plan

1. Stay with student, speaking gently.
2. Provide for student safety by removing nearby hazardous objects, loosening clothing at the neck and waist, and protecting head from injury.
3. Remove other students from the immediate area to give privacy as possible.
4. Time the seizure.
5. Observe student for inadequate breathing/continuous seizing. CALL 911 if inadequate breathing or prolonged seizure.
6. Notify parent of seizure.
7. Reorient the student and guide to safe, quiet location.

### Quick Reference Emergency Plan - Diabetes

#### HYPOGLYCEMIA (Low Blood Sugar)

Never send a child with suspected low blood glucose anywhere alone. Check blood glucose level, if possible. When in doubt, always TREAT FOR HYPOGLYCEMIA.

Common Causes: • Too much insulin

- Delayed or missed food • Unscheduled exercise/overexertion

#### Mild Symptoms

- Hunger • Shakiness
- Weakness • Paleness
- Dizziness/Poor coordination
- Lack of Concentration
- Personality/Behavior change
- Confusion • Sweating

#### Severe Symptoms

- Loss of consciousness
- Seizure
- Inability to swallow

#### Actions Needed

- DO NOT give anything by mouth
- Position on side, if possible
- Contact trained medical personnel
- Administer Glucagon as prescribed
- Call 911
- Contact parent/guardian
- Stay with student

#### Actions Needed

- Provide 15 grams of fast-acting carb, 4 oz juice OR 3-4 glucose tablets
- Wait 15 minutes
- Recheck blood glucose
- Repeat treatment if blood glucose is • If >1hr before a meal, give a snack of carbohydrate and protein

### Quick Reference Emergency Plan - Diabetes

#### HYPERGLYCEMIA (High Blood Sugar)

Never send a child home for a high blood glucose unless ketones are moderate or large or child is vomiting or feels ill. If blood glucose is over 300mg/dl before eating or if sick or vomiting, TEST URINE FOR KETONES.

Common Causes: • Too much food • Too little insulin

- Decreased activity • Illness/infection • Stress

#### Mild Symptoms

- Increased hunger/thirst
- Frequent urination
- Fatigue/sleepiness
- Blurred vision
- Stomach pains
- Lack of concentration

#### Severe Symptoms

- Nausea/vomiting
- Moderate or large urine ketones
- Sweet, fruity breath
- Labored breathing
- Confused/unconscious

#### Actions Needed

##### Negative Ketones

- Give extra water/sugar free drinks
- Allow use of bathroom as needed
- Encourage exercise
- Inform parents of frequent high readings

##### Trace to Small Ketones

- Give at least 8oz water each hour
- Recheck ketones at next urination

#### Actions Needed

##### Moderate to Large Ketones

- Call parent – extra dose of insulin will be needed
- Encourage water until parent is contacted
- If student is nauseous, vomiting, or lethargic, call for medical assistance if parent cannot be reached