

## Food Allergy Symptoms

Food allergies can happen anytime. Most often they occur within 20 minutes of exposure, however sometimes they do not occur until a few hours after exposure. Some individuals are also sensitive and will react to the smell of the allergen. Review the signs and symptoms and recommended course of action below.

<b><u>If You See This:</u></b>	<b><u>Do This:</u></b>
Mouth: Itchy Mouth Skin: A Few Hives Around Mouth/Face, Mild Itch Gut: Mild Nausea/Discomfort	<ul style="list-style-type: none"> <li>- Send student with someone to Nurse's Office</li> <li>- Alert Health Office:               <ul style="list-style-type: none"> <li>- 5647 – Kat – <a href="mailto:kstout@argohs.net">kstout@argohs.net</a></li> <li>- 5648 – Alexa – <a href="mailto:amartinez@argohs.net">amartinez@argohs.net</a></li> </ul> </li> </ul>
Lungs: Shortness of Breath, Wheezing, Repetitive Cough Heart: Pale, Faint, Dizzy, Confused Throat: Hoarse, Trouble Breathing/Swallowing Mouth: Swelling of Lips/Tongue Skin: Many Hives Over Body OR Skin: Hives, Itchy Rashes, and Swelling Gut: Vomiting and Crampy Pain	<ul style="list-style-type: none"> <li>- Alert Health Office               <ul style="list-style-type: none"> <li>- 5647 – Kat</li> <li>- 5648 – Alexa</li> </ul> </li> <li>- <b><u>NOTIFY NURSE OF THE FOLLOWING:</u></b> <ul style="list-style-type: none"> <li>- Student Name</li> <li>- Symptoms</li> <li>- Your Location</li> <li>- If Student has EpiPen with her</li> </ul> </li> <li>- Stay with Student</li> <li>- Student May Self-Administer EpiPen or You Can Assist/Administer is Student is Unable to</li> <li>- Call 911</li> <li>- Notify Dean's Office and Main Entrance for EMS Services</li> <li>- Call Parent/Guardian</li> </ul>