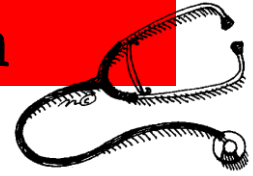




Emergency Action Plan



Nut Allergy

Student: _____ Grade: _____ DOB: _____ Bus #/BASC/Car _____

DIAGNOSIS DESCRIPTION: Nut allergies are when your body's immune system overreacts to the proteins found in nuts. Your body treats them as a potential threat and tries to fight them off. This response is an allergic reaction. Even a little bit that you swallow or inhale can bring it on. Tiny proteins found in nuts aren't affected by things like heat or acid, so they're still intact after they're processed, cooked, or even digested. Some people are sensitive to these intact proteins, and their bodies make antibodies to fight them. The antibodies latch on to the proteins. This triggers your immune system to release a chemical called histamine. Histamine is what actually causes the symptoms of an allergic reaction.

Peanuts and tree nuts aren't the same. But if you're allergic to one, you may also need to avoid the other.

SIGNS AND SYMPTOMS of a nut allergy can include:

- **MOUTH/THROAT:**
 - Tingling in your mouth or throat, or a tight feeling in your throat
 - Swollen lips
 - coughing
 - hoarseness
- **SKIN:**
 - Hives (urticaria) on your skin
 - Skin rash
 - swelling
- **HEAD/NOSE:**
 - Runny nose or sneezing
 - itchy, watery, or swollen eyes
- **STOMACH:**
 - Stomach pain,
 - nausea, vomiting, or diarrhea
- **LUNGS:**
 - trouble breathing or wheezing.
- **HEART:**
 - a drop in blood pressure
 - dizziness or fainting
- **OTHER:**
 - anxiety or a feeling something bad is happening

STAFF MEMBERS INSTRUCTED: ☐ Classroom Teacher(s) ☐ Special Area Teacher(s) ☐ Support Staff ☐ Transportation Staff

TREATMENT: Rinse contact area with water if appropriate.

Treatment should be initiated ☐ with symptoms ☐ without waiting for symptoms.

Benadryl ordered: ☐ Yes ☐ No Give _____ per provider's order.

Location of medication _____

Call school nurse/school first responder team. Call parent/guardian.

Epinephrine ordered: ☐ Yes ☐ No Location of medication: _____

IF INGESTION OR SUSPECTED INGESTION OF ALLERGEN OCCURS, SYMPTOMS ARE PRESENT AND EPHINEPHRINE IS ORDERED, GIVE EPHINEPHRINE IMMEDIATELY AND CALL 911!!

Epinephrine provides a 20 min response window. After Epinephrine a student may feel dizzy or have an increased heart rate. This is normal response. Students receiving epinephrine should be transported to the hospital by ambulance.

Transportation Plan: ☐ Medication available on bus ☐ Medication NOT available on bus ☐ Does not ride bus

Special instructions: _____

Parent/Guardian Signature: _____ Date: _____

School Nurse Signature: _____ Date: _____