ANAPHYLAXIS

Life-Threatening Allergies
Allergic Reactions

Types of life-threatening allergies usually seen in students:

- Insects, Bees
- Latex or Rubber
- Peanuts and Tree Nuts
- Foods
Some students, such as those with spina bifida, have latex precautions or allergies. Items that may contain latex (rubber) in include:

- Gloves
- Toys
- Pencil Erasers
- Balloons

Use non-latex gloves and avoid these in class.
Nut and Peanut Allergies

- Students can be allergic to only tree nuts (almonds, walnuts, etc) and OK to eat peanuts.
- Some students can be allergic to only peanuts and OK to eat tree nuts.
- Items that contain nuts are not always obvious. If there is any question, substitute the questionable food item with a known “safe” replacement.
- The student’s specific allergies will be identified in the health care plan.
Anaphylaxis

- When the allergic reaction is **life-threatening** it is called ANAPHYLAXIS.
- Students with Anaphylaxis should have a health care plan prepared by the school nurse.
- Teachers with students with Anaphylaxis should be familiar with the care plan and emergency actions necessary.
Anaphylaxis Symptoms

- Throat “closing off”
- Rapid onset
- Sweating
- Weakness
- Feelings of apprehension
- Tingling in mouth, face, or throat
- Itching
- Wheezing
- Shallow respirations
- Loss of consciousness
What is an “Epi-pen”?

- Many people with Anaphylaxis carry an “epi-pen” with them at all times.
- An “Epi-pen” contains a single dose of epinephrine (adrenalin) that when given, will open the airways for approximately 15 minutes and allow them to breathe.
- This is only temporary relief. You must also call 911 when a student has an Anaphylaxis reaction.
How To Use An Epi-Pen

- Remove safety cap when ready to use.
- Place black tip on thigh at right angle to leg. You do not need to remove the clothing.
- Press hard, through the clothing, into the thigh until you hear a click.
- Hold for 10 seconds against thigh.
Epi-Pen Use

- Massage injection area for 10 seconds.
- Call 911 immediately
- Put Epi-Pen back into its yellow tubing to send with the student when EMS arrives.
- Note the time you used the epi-pen.
- Be prepared to initiate CPR if breathing stops.

Call 911 immediately
Be Prepared

- Know your student’s specific health concerns.
- Review and be familiar with the health care plan.
- Call your school nurse with questions.
- Know where the epi-pen is to be stored: carried by student or kept with other medications in the school office.
Please click on the link below to go to the Diabetic Management Training

Diabetic Management Training