



Food Allergies

Most Common Food

Allergies:

- *Milk
- *Wheat
- *Eggs
- *Tree nuts
- *Peanuts
- *Fish
- *Soy
- *Shellfish

MILD Symptoms:

- Mouth: itchy mouth
- Skin: A few hives around the mouth/face, mild itch
- Gut: Mild nausea/discomfort

****USE AN ANTIHISTAMINE**

ANAPHYLAXIS- a severe allergic reaction that can result in severe drop in blood pressure or for a student to stop breathing due to airway constriction.

After treatment is administered:

- Always stay with student during a reaction
- After giving epinephrine, call 911 and monitor to make sure student's symptoms do not progress
- Alert healthcare professionals and parents once medication is administered

SEVERE Symptoms:

- 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

Or combination of Skin and Gut: hives, itchy rashes, swelling AND vomiting, diarrhea, cramping pain

INJECT EPINEPHRINE!!

EPINEPHRINE- used as primary treatment for anaphylaxis; injected into thigh muscle; the medication rapidly improves breathing, stimulates the heart, reverses hives, and reduces swelling of the face, lips, and throat.

Emergency Care Plan- *The school should have documentation of the child's medical and dietary information to ensure individualized food allergy management strategies are in place. An allergy must be confirmed by a doctor. Should include: food allergen(s), avoidance and prevention strategies, signs and symptoms of a reaction, severity of reactions and history of anaphylaxis if any, treatment plan, medication dosage and location, coexisting factors that may affect the reaction (e.g., asthma), dietary instructions and modifications, a recent photo of the child, and emergency contact information.*