

Follow these guidelines if you suspect SEVERE ALLERGIES

CHILDREN WITH BOTH SEVERE ALLERGIES AND ASTHMA ARE AT HIGHER RISK FOR LIFE THREATENING SYMPTOMS.

Major causes: Peanuts, tree nuts, milk, eggs, wheat, soy, shell fish, fish, latex, insects and medication

Signs of reaction (may include, but are not limited to):

Mouth: itching and/or swelling of lips, tongue, or mouth

Throat: itching and/or a sense of tightness in the throat, hoarseness, hacking cough

Skin: hives, itchy rash, and/or swelling about the face or extremities

Gut: nausea, abdominal cramps, vomiting, and/or diarrhea

Lung: shortness of breath, repetitive coughing and/or wheezing

Heart: thready pulse, "passing out"/loss of consciousness

Actions Needed:

1. Stay with child
2. **Have another staff call 9-1-1 if you observe signs of a reaction, if unsure, or need help**
3. Call parent/guardian and campus security (when appropriate)
4. If unconscious: open airway, give rescue breaths, begin CPR
5. Fill out Minor Incident Form
6. Notify Health Services Specialist and Nurse Consultant (within 24 hours of incident)

BEE/INSECT STINGS

Signs of localized reaction:

- Redness at site
- Swelling at site
- Itching at site

Signs of progressing serious reaction (included, but are not limited to):

Mouth: itching and/or swelling of lips, tongue, or mouth

Throat: itching and/or a sense of tightness in the throat, hoarseness, hacking cough

Skin: hives, itchy rash, and/or swelling about the face or extremities

Gut: nausea, abdominal cramps, vomiting, and/or diarrhea

Lung: shortness of breath, repetitive coughing and/or wheezing

Heart: thready pulse, "passing out" /loss of consciousness

Actions needed (for localized and/or progressing reactions):

1. Remove body and stinger of insect, but do not squeeze. Scrape it out with a credit card, driver's license, or similar stiff card.
2. Wash area with soap and water
3. Apply ice to site
4. Elevate area above heart (if able)
5. Observe child for 30 minutes – reaction may be delayed
6. **Call 9-1-1-if you observe signs of progressing reaction, if unsure, or need help**
7. Notify parent/guardian
8. Fill out Minor Incident Form
9. Notify Health Services Specialist and Nurse Consultant within 24 hours of incident