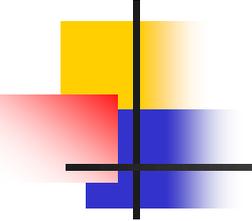




ALLERGIC REACTIONS

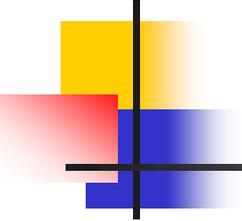
Mary Horvath RN, CSN. M.Ed.
Certified School Nurse
Bridge Valley Elementary
Doyle Elementary





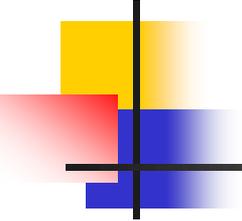
STATISTICS

- Allergic reactions affect up to 15 million people in the United States, including 1 in 13 children
- Food allergy is the most common cause
- The number of children with food allergies is increasing year after year
- Foods most likely to cause a severe reaction are peanuts, tree nuts, fish, milk, eggs and shellfish



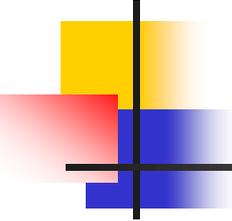
MORE STATISTICS

- People who have both asthma and a food allergy are at greater risk for anaphylaxis
- At present, strict avoidance of problem foods is the only way to prevent anaphylaxis



ALLERGIC REACTIONS

- Not all allergic reactions are life threatening but **EACH** allergic reaction needs to be taken seriously!



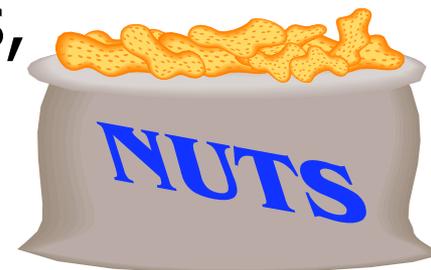
MILD ALLERGIC REACTION

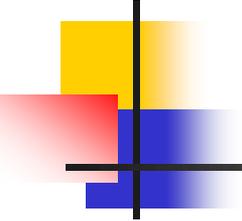
- A few hives around mouth/face
- Mild itching in mouth area or around it
- Mild nausea/discomfort

WHAT IS AN ANAPHYLACTIC REACTION?



- **Life-threatening** allergic reaction. Death can occur within 5-10 minutes or up to 4 hours later
- Over-reaction of the immune system which recognizes the allergen as a foreign intruder and responds by releasing large amounts of histamine
- Can be due to food, insect allergies, medications, or latex





ANAPHYLAXIS

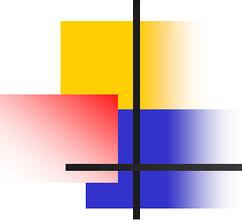
- Anaphylaxis often begins within minutes after a person eats a problem food
- Less commonly, symptoms may begin hours later
- About 25 percent of patients have a second wave of symptoms one to several hours after their initial symptoms have subsided.
- Combination of symptoms from more than one body system

SIGNS AND SYMPTOMS OF ANAPHYLAXIS

- Hives, rash
- Swelling/itching of eyes, face, lips or tongue
- Difficulty breathing/swallowing, wheezing, or coughing
- Nausea/Vomiting
- Loss of Consciousness



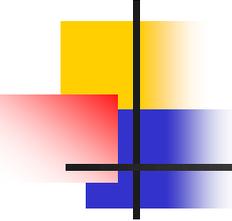
Emergency



SEVERE ALLERGIC REACTION

“ANAPHYLAXIS”

- Lung: Shortness of breath, wheeze, repetitive cough, difficulty breathing
- Heart: Pale, blue skin , faint, weak pulse, dizzy, confused, sense of “doom”
- Throat: Tight, hoarse, trouble breathing or swallowing, itching of lips or tongue
- Mouth: Obstructive swelling (tongue and or lips)
- Skin: Many hives/rash, swelling of eyes
- Gut: Nausea, vomiting, diarrhea, crampy pain



REACTIONS IN CHILDREN

- Might put hands in their mouths, pull at their tongues
- Voice may become hoarse or squeaky, may slur their words
- May say their tongue is “hot”, “tingling”.
- Mouth/lips feels funny, itchy
- Feels like there’s a frog in their throat, throat feels thick, something stuck in the throat
- Feels like there is hair on the tongue

TREATMENT



- ***Benadryl*** given for hives, swelling
 - Follow manufacturer's suggested dose
- ***Epinephrine Auto-Injector*** given for life-threatening symptoms such as throat closing, difficulty breathing, can't swallow
- **CALL 911!!** If an *Epinephrine Auto-Injector* is given, person must go to the ER
- Some doctors want an *Epinephrine Auto-Injector* given if exposure occurs – even if asymptomatic

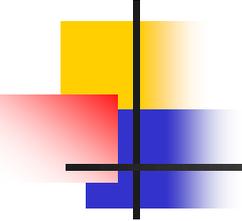
TYPES OF EPINEPHRINE AUTO-INJECTORS IN OUR SCHOOL

- Auvi-Q--new



- Epipen and Epipen Jr.





EPI-PEN DOSAGE

- ***EPI-PEN JR. (0.15MG.)***: FOR CHILDREN LESS THAN 65 LBS.
- ***EPI-PEN 0.3 MG.***: FOR ADULTS OR CHILDREN GREATER THAN 65 LBS.

HOW TO ADMINISTER AN EPI-PEN

- Take injector out of plastic tube. Grasp unit, keep black tip down. Form a fist around the unit.
- Remove gray cap with other hand
- Hold black tip near outer thigh and jab firmly into thigh at a 90 degree angle
- Press and hold in thigh for ***10 SECONDS***
- Epi-pen needle goes through clothes
- Call 911



HOW TO ADMINISTER AUVI-Q

- Device talks to you! Walks user thru process
- Pull device from case
- Pull off red safety guard
- Place black end against outer thigh at a 90 degree angle then press firmly and hold for 5 SECONDS
- Needle goes through clothes
- Call 911

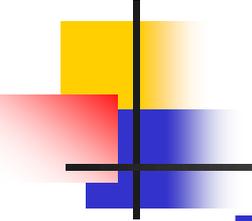


KEEPING KIDS SAFE IN SCHOOL

- Annual Staff training on recognition and treatment of allergic reactions.
- **Peanut/Tree Nut safe classrooms**—If your child's class is designated as peanut and/or nut safe— **NO peanut or nut products are permitted in the classroom.** We appreciate your cooperation with this protocol.

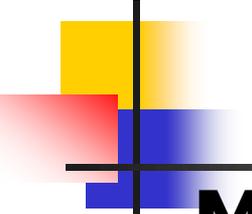
PEANUT AND TREE NUT
SAFE CLASSROOM





IF YOUR CHILD HAS A FOOD ALLERGY

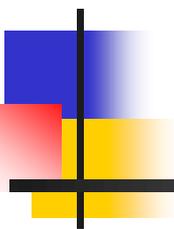
- Parent must provide Emergency medications and the necessary paperwork to school.
- Parents must provide emergency medications, Benadryl and epinephrine auto-injector, for all field trips.
- Students with food allergies should only eat food brought from home, not offered by others.
- Student with food allergies must bring in a safe treat box from home full of safe treats—to be kept in the classroom in the event of an unexpected classroom celebration.
- Peanut/Nut safe table is available in the cafeteria for lunch.
- Students with food allergies must wash their hands prior to eating.
- Please make your child's bus driver aware of his/her food allergy.



VIDEO

- **Mom of peanut allergy victim: Her last words were 'I'm sorry'** (Sept. 2, 2013)
- Parents of Natalie Giorgi speak out in hopes of leading national discussion
- <http://www.kcra.com/news/local-news/news-sacramento/parents-of-girl-who-died-of-peanut-allergy-reaction-speak-out/-/12969376/21686610/-/5dla0yz/-/index.html#.UiEB1P9IZ> E.email

Please contact your School
Nurse if you have any
questions.



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