



# ALLERGIC REACTIONS

Kathleen Budniewski RN, ND, CSN  
Certified School Nurse  
Mill Creek Elementary  
Pine Run 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

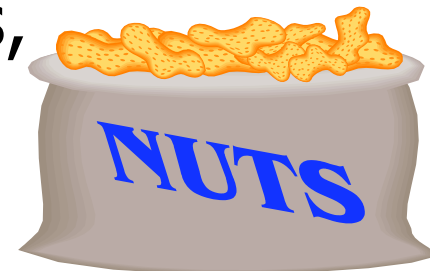
---

- 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





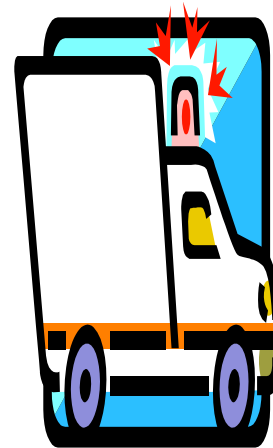
# ANAPHYLAXIS

---

- 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

# TWO TYPES OF EPINEPHRINE AUTO-INJECTORS

- 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

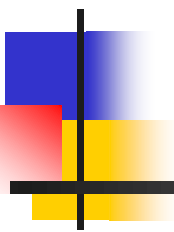


# VIDEO

---

- **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.



---

Kathleen Budniewski RN, ND, CSN  
[kbudniewski@cbsd.org](mailto:kbudniewski@cbsd.org)