**Severe Allergic Reactions**

May be caused by food, bee sting, medication, etc.

**Potential Symptoms:**  May vary by severity, onset time, and which symptoms

**Respiratory Symptoms: Airway is Priority!**

* Wheezing or stridor (can hear breaths going through a narrowed airway)
* Difficulty breathing; holding hands at the throat
* Shortness of breath, shallow breaths, rapid breathing
* Feeling tightness in chest or throat

Observable Skin Symptoms:

* Hives on torso, face, and neck
* Redness or swelling around the mouth
* Exaggerated itching, redness, or swelling that is larger than a quarter
* Sweating or flushed skin

Other:

* Rapid or weak pulse; drop in blood pressure
* Dizziness, fainting, or loss of consciousness
* Sense of doom or panic
* Sudden severe abdominal pain, nausea, vomiting, diarrhea, or incontinence
* Difficulty swallowing or hoarseness
* Seizures

**What To Do:**

* Never leave the person alone; monitor questionable symptoms closely for at least 30 minutes.
* If insect sting: remove stinger, cleanse site, and apply ice.
* Ask about any known allergies or possible causes.
* Ask someone to bring Epi-Pen from the office or closer location.
* Prioritize the student; then call the parent/guardian.
* Start CPR if needed; masks are available in the office for each staff to carry.
* If parent/guardian is unable to arrive immediately, call 911 if needed.
* Follow up with accident report and inform Principal or available supervisor.

**Epi-Pen:** see instructions on medication

* Child dose 0.15 mg for 30-66 lbs. (if unsure, use child dose, wait 5 min, then administer a 2nd child dose if needed).
* Adult dose 0.3 mg for > 66 lbs.
* For persistent severe anaphylaxis, ok to give 2nd full dose 5-15 minutes apart.
* Have someone assist holding the thigh to prevent the student from moving around, if needed.
* Remove clothing from thigh if able to do quickly and easily; Ok to administer through clothing.
* Using force, administer Epi-Pen at a 90 degree angle into the anterior-lateral (front and outer edge of) thigh, hold about 5 seconds, remove, then massage area.
* There are no contraindications. Ok to use medication for anyone.
* Recommendation is to follow up with medical attention.

*Sources: summarized from CDC and Epi-Pen guidelines*