

Life-Threatening Allergy Symptoms

A Guide for School Staff

Does the student have a known allergy?

Was the student exposed to something that he or she is allergic to?

Could the student be experiencing a first allergic reaction or reacting to hidden allergens?

Symptoms (may be severe or in combination):

- Trouble breathing**
- Hoarse voice**
- Diarrhea/crampy pain**
- Hives or swelling**
- Nausea/vomiting**
- Dizziness/fainting**
- Tightness of the throat**
- Abdominal pain**
- Feeling of doom/confusion**

If you identify a student who has symptoms of a life-threatening allergy – provide emergency care, including an epinephrine auto-injector IMMEDIATELY.

Do not delay treatment. Get help.

If a school nurse is not available, call 911.

Do not leave the student alone.



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Asthma Symptoms

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- **Wheezing** a scratchy or whistling sound when breathing
- **Shortness of breath or rapid breathing** possibly associated with exercise

- **Chest tightness or pain**

- **Fatigue** student may stop playing or avoid activity

- **Coughing** may be continual and happen often – made worse by colds, exercise and cold air (may report difficulty sleeping because of cough)

If you identify a student with asthma symptoms, ask first if the student has used their quick-relief inhaler (albuterol).

If not, the student should use it right away.

If symptoms do not respond to medication within ~10 minutes or if no medication is available,

have someone accompany the student to the school nurse or call 911.

Do not send the student alone, as symptoms can sometimes get worse very quickly.



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