

Allergic Reaction

Note

If you see the telephone symbol (☎) next to any sign below occurring in the student, call for help (EMS/9-1-1, school nurse, first aid-trained staff).

If you hear that a student is not feeling well and one or more of the following is true:

- Has an allergy
- Just stung by an insect
- Is on medication
- Just ate

Look for

- ☎ Unconsciousness (unresponsive)
- ☎ Cannot get the student to respond; student not able to follow directions or think clearly
- ☎ Shortness of breath, trouble breathing or absent breathing
- ☎ Pale, bluish, flushed, clammy skin
- Rash/hives
- Swelling of face, neck, tongue
- Vomiting
- Sweating
- Red, watery eyes

Listen for

- Continuous coughing, wheezing
- Hoarseness

And statements about

- ☎ Difficulty swallowing/breathing
- ☎ Feeling of impending disaster, approaching death
- ☎ Chest/throat tightness
- Burning sensation, itching
- Dizziness/weakness
- Nausea, stomach pain

Allergic Reaction information is continued on the next page

Always follow school district policy when providing first aid or emergency care.

Allergic Reaction *(continued)*

Action

(If pertinent, see also “Stings,” p. 73)

1. Begin CPR (p. 37) for absent breathing if trained.
2. Give (if you are trained) or allow student to take prescribed allergy medication.
3. Allow student to assume a position of comfort. If injection is administered, have student lie down. If student is lying down and vomits, turn them on their side. If pregnant, turn onto left side.
4. Provide reassurance to student and use calming techniques (e.g., quiet voice, distraction, deep breathing).
5. Apply cool compress to areas of swelling and itching.
6. Scrape away stinger (e.g., with plastic card) if stung (p. 73) by insect; **do not** use tweezers.
7. Cover student to keep warm, as appropriate to environment.