



# ALLERGY ACTION PLAN

## Guiding Statements For Policy

To provide a safe, welcoming and affirming environment reflecting the school's child protection and safeguarding guidelines, to develop students socially, physically, emotionally, intellectually and spiritually.

## Introduction

Students may have severe allergies that the school needs to be aware of. Sometimes, students are provided with medication such as an Epi-pen to be administered in the case of a severe reaction. This policy outlines important points the parents, students and school need to follow:

## Parents

- Provide the school sufficient and up-to-date information about their child's medical needs and allergies annually.
- Provide the school a medical report with an Allergy Management Plan signed by the doctor.
- Provide the school a set of the prescribed medicines according to the Allergy Management Plan to be kept in the nurse station.
- Ensure the nominated adult is always contactable as stated in the Plan.

## Students

- Should be fully involved in discussions about how to reduce their risk of allergic reactions and recognize the symptoms and signs that exhibit the start of an allergy reaction.
- Should always carry and keep near oneself a marked first aid bag/pouch which contains the prescribed medicines and the signed Allergy Management Plan.
- Able to recognize own symptoms and take the prescribed medicines or administer their own EpiPen.
- Get someone to call the Nurse/First Aiders.

## School

- Student medical condition including doctor reports and plan will be in ISAMs under Health Records and is flagged in red.
- It will be uploaded by the nurse.
- A set of labelled student prescribed medicines including EpiPen are kept in the nurse station.
- Help student to identify their buddies.
- Train the buddies in getting medical aids and contacts.

<i>Prepared By</i>	<i>Approved By</i>	<i>Review and Revised</i>	<i>Reviewed by</i>	<i>Next Review</i>
School Nurse	SLT		School Nurse	T4 2023

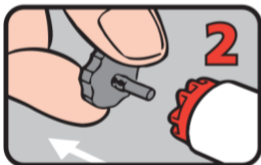
# FIRST AID PLAN FOR Anaphylaxis

For use with **AnaPen®** adrenaline (epinephrine) autoinjectors

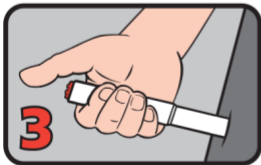
## How to give AnaPen®



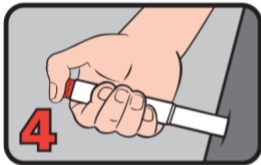
PULL OFF BLACK NEEDLE SHIELD



PULL OFF GREY SAFETY CAP from red button



PLACE NEEDLE END FIRMLY against outer mid-thigh at 90° angle (with or without clothing)



PRESS RED BUTTON so it clicks and hold for 3 seconds.  
REMOVE AnaPen®

Anapen® is prescribed as follows:

- Anapen® 150 Junior for children 7.5-20kg
- Anapen® 300 for children over 20kg and adults
- Anapen® 500 for children and adults over 50kg

## SIGNS OF MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting - these are signs of anaphylaxis for insect allergy

## ACTION FOR MILD TO MODERATE ALLERGIC REACTION

- For insect allergy - flick out sting if visible
- For tick allergy seek medical help or freeze tick and let it drop off
- Stay with person, call for help and locate adrenaline autoinjector
- Phone family/emergency contact

Mild to moderate allergic reactions (such as hives or swelling) may not always occur before anaphylaxis

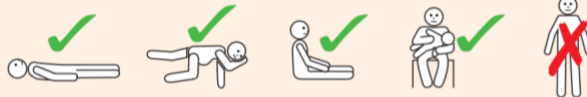
## WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult or noisy breathing
- Swelling of tongue
- Swelling or tightness in throat
- Wheeze or persistent cough
- Difficulty talking or hoarse voice
- Persistent dizziness or collapse
- Pale and floppy (young children)

## ACTION FOR ANAPHYLAXIS

### 1 LAY PERSON FLAT - do NOT allow them to stand or walk

- If unconscious or pregnant, place in recovery position - on left side if pregnant, as shown below
- If breathing is difficult allow them to sit with legs outstretched
- Hold young children flat, not upright



### 2 GIVE ADRENALINE AUTOINJECTOR

### 3 Phone ambulance - 995 (SG)

### 4 Phone family/emergency contact

### 5 Further adrenaline may be given if no response after 5 minutes

### 6 Transfer person to hospital for at least 4 hours of observation

### IF IN DOUBT GIVE ADRENALINE AUTOINJECTOR

Commence CPR at any time if person is unresponsive and not breathing normally

**ALWAYS** give adrenaline autoinjector **FIRST**, if someone has **SEVERE AND SUDDEN BREATHING DIFFICULTY** (including wheeze, persistent cough or hoarse voice), even if there are no skin symptoms. **THEN SEEK MEDICAL HELP.**

Note: If adrenaline is accidentally injected (e.g. into a thumb) phone your local poisons information centre. Continue to follow this first aid plan for the person with the allergic reaction.

Source: [Australasian society of clinical immunology and allergy](#)