

ALLERGY AWARENESS

Life threatening allergies are a growing concern for our school population. Please take a minute to review the following points so that we can all help to keep our students safe.

AWARENESS:

- Prevention & preparedness are pillars of allergy management
- T/E district policy #5403 addresses this issue
- Recognize anaphylaxis: a sudden, severe allergic reaction
- symptoms can include hives, itching & redness on skin, lips & eyelids, swelling & itching of the mouth and throat, nausea & vomiting, paleness, dizziness, loss of consciousness
- Know how to give epinephrine: research on-line video instruction

PREVENTION: Avoid the allergen

- Know the different routes of exposure (mouth, skin, respiratory, nose, eyes)
- Read labels, know hidden ingredients
- Know how to avoid cross-contact

PREPAREDNESS: If you or someone you know has a life threatening allergy

- Always have the epinephrine auto-injector & emergency care plan available
- Know when & how to use the auto-injector
- All caregivers should know how & when to give the auto-injector

SUPPORT:

- Education & discussion of this topic with your child can create an environment of support & understanding
- **Students who have life threatening allergies need all of us to keep them safe**

The T/E School District Nursing Staff