

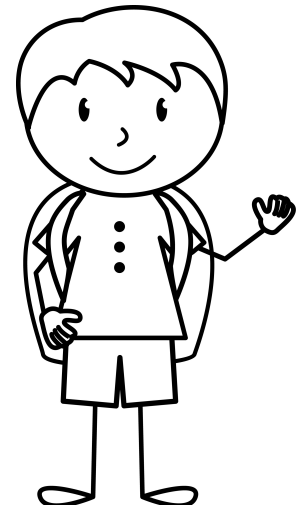
Dear _____,

A student in your

class: _____,

has a severe allergy

to: _____.



****At this time, there is no health care plan in place, but please be aware of this allergy.****

Here are a few tips:

- Avoiding exposure to the allergen is the best way to prevent a bad reaction—80% of anaphylactic reactions at school happen in the classroom
- Optional: notify other students' parents of the allergy so they can send treats in with caution
- Encouraging students to wash hands after lunch helps
- Signs/symptoms of anaphylaxis are:

Hives/itching/sweating

Swelling of face/lips

Wheezing or trouble breathing

Feeling of throat closing off

Metallic taste in mouth

Feeling of apprehension

Nausea/vomiting/abdominal cramps

Flushed or red skin, increased heart rate

Treatment:

- Administer Epi-pen (stock Epi-Pens are kept in office and lunch room)
- Call 911
- Notify parents
- Give used Epi-Pen to emergency personnel

If you'd like any further training on anaphylaxis or the administration of Epi-Pens, allergy signs for your classroom, or a letter template for parents, please feel free to contact your district nurse.