What School Personnel Should Know About Anaphylaxis

General information
Anaphylaxis is a rare extremely serious form of allergy which may occur in persons not previously known to be allergic or hypersensitive. The reaction ranges from mild, self-limited symptoms to rapid death. Immediate action may be required to prevent fatality.

Causes—extreme sensitivity to one or more of the following:
- Insect sting, usually bee or wasp
- Food or pollen
- Medication or immunizations/vaccinations
- Industrial or office chemicals or their vapors
- Latex

ANAPHYLACTIC SYMPTOMS OF BODY SYSTEM:
Any of the symptoms may occur within seconds. The more immediate the reactions, the more severe the reaction may become. Any of the symptoms present require several hours of monitoring.

- **Skin:** warmth, itching, and/or tingling of underarms/groin, flushing, hives
- **Abdominal:** pain, nausea and vomiting, diarrhea
- **Oral/Respiratory:** sneezing, swelling of face (lips, mouth, tongue, throat), lump or tightness in the throat, hoarseness, difficulty inhaling, shortness of breath, decrease in peak flow meter reading, wheezing reaction
- **Cardiovascular:** headache, low blood pressure (shock), lightheadedness, fainting, loss of consciousness, rapid heart rate, ventricular fibrillation (no pulse)
- **Mental status:** apprehension, anxiety, restlessness, irritability

Emergency Protocol for school personnel
1. Summon school nurse if available. If not, summon designated trained, non-medical staff to implement emergency protocol
2. State the name of the person who needs assistance (if a student or staff member), the location and what difficulties/symptoms they are experiencing.
3. DO NOT move the person. Help will come to your location.
4. Keep the person calm and help to a comfortable position.

References: