

Food Allergy Awareness – Metcalf

Anaphylaxis is a severe systemic allergic reaction from exposure to allergens that is rapid in onset and can cause death. **Common allergens include animal dander, fish, latex, milk, shellfish, tree nuts, eggs, insect venom, medications, peanuts, soy, and wheat.** A severe allergic reaction usually occurs quickly; death has been reported to occur within minutes. An anaphylactic reaction can occur up to one to two hours after exposure to the allergen.

Common warning signs and symptoms of anaphylactic reaction:

- Shortness of breath or tightness of chest; difficulty in or absence of breathing
- Sneezing, wheezing, or coughing
- Difficulty swallowing
- Swelling of lips, eyes, face, tongue, throat or elsewhere
- Low blood pressure, dizziness and/or fainting
- Heartbeat complaints: rapid or decreased
- Blueness around lips, inside lips, eyelids
- Sweating and anxiety
- Itching, with or without hives; raised red rash in any area of the body
- Skin flushing or color becomes pale
- Hoarseness
- Sense of impending disaster or approaching death
- Loss of bowel or bladder control
- Nausea, abdominal pain, vomiting and diarrhea
- Burning sensation, especially face or chest
- Loss of consciousness

Treatment for anaphylaxis

- Call for help
- If trained, **immediately** administer epinephrine (EpiPen)
- Call 911
- Alert school nurse/admin if not already present
- Call parents/guardians

Classroom Expectations

- All snacks must have a label unless they are a fruit or a vegetable.
- No sharing food
- No food items in studio spaces (Signs are posted in these spaces)
- No food in hallways
- All students should wash hands before and after snack
- All students should wipe down desk after eating
- Birthday celebrations will be celebrated with nonfood items.