

THIS IS THE FIRST AID PROTOCOL FOR DEALING WITH ANAPHYLAXIS IN SCHOOL IN LINE WITH CURRENT GUIDANCE.

PLEASE PROVIDE SCHOOL WITH A COPY OF YOUR CHILD'S ALLERGY PLAN

Staff will first identify if a student has been exposed to their trigger. Any immediate action will be taken to reduce contamination or exposure.


How to recognise and treat allergic reactions


Mild to moderate reactions:

- Swollen lips and tongue
- Generalised rash - Urticaria (Weals)
- Feeling unwell
- Mild breathing difficulties

Severe reactions:

- Breathing difficulties / Choking
- Pallor / Blue lips
- Fainting
- Losing Consciousness

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- Student to take the own antihistamine, note the time (should take effect within 30 mins).
 - Contact parents and continue to observe.
 - If symptoms improve the student can return to their lessons.
 - If symptoms stay the same - keep student under observation and make arrangements for them to go home.
 - If after 30 mins the reaction progresses but is not severe, repeat the dose and call 999 for an ambulance. State the child's name, age, location and that they are having an allergic reaction.
 - If at any time the reaction becomes severe - give adrenaline injection and dial 999.

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- Give Adrenaline injection - lie the student down.
 - If student can take medicine by mouth give antihistamine and note the time.
 - Get someone to dial 999 for an ambulance. State the student's name, age, location and that they are having a severe allergic reaction.
 - Contact parents and continue to observe.
 - Try to remain calm as this will give student a sense of reassurance.
 - If student has breathing problems they may be more comfortable sitting.
 - If student loses consciousness place them in the recovery position.
 - If student stops breathing/stops breathing normally then CPR should be commenced until ambulance/medical assistance arrives.
 - When the ambulance arrives, the lead member of staff should inform the crew of:
 - What medication has been given.
 - When the medication was given.
 - All medication should be given to the crew.
 - **Repeat adrenaline injection after 5-10 mins if the reaction does not improve and an ambulance hasn't yet arrived.**

Emergency adrenaline is stored in medicine cabinet in first aid room.

Defibrillators are located in main reception and T14.

How to use an EpiPen...



Lay the child down and slightly elevate legs OR sit up if breathing is difficult.



Grasp the EpiPen in your dominant hand with the blue safety cap closest to your thumb and remove cap. Do not put your hand over the orange part as this is where the needle will come from.



Trace a cross over the front of the thigh. You will inject in the upper, outer part of the thigh.



Hold the EpiPen about 10cm away from the leg, swing and jab the orange tip into the upper outer thigh at a 90° angle. Hold in place for 10 seconds.



Remove the EpiPen and massage injection site for at least 10 seconds.



Do not allow them to get up, they must stay lying down or seated until they have been assessed by a paramedic.