

Bee Sting Prevention

- Avoid flowers, fragrances or colors (blue, yellow or dark brown) that attract insects
- Avoid areas of trash and garbage
- Avoid picnics, cooking/eating outdoors
- Avoid getting excited/swatting at insects

Bee Sting Procedure

- ✓ Stay calm
- ✓ Remove stinger if present (scrape, don't squeeze)
- ✓ Wash skin
- ✓ Apply ice
- ✓ Observe for 30 minutes to make sure that there is no allergic reaction

Administer epinephrine at the first sign of a systemic reaction

Timing is essential

The sooner the epinephrine is given, the greater the chance for survival

School Procedures

- ❖ School supplied epinephrine available in unlocked, marked cabinet in health room
- ❖ Staff trained in anaphylaxis recognition and treatment
- ❖ Allergy action plans communicated with staff
- ❖ Modifications in classrooms and cafeteria as needed
- ❖ Awareness education in the school community
- ❖ Containment of trash to avoid attracting insects

Resources

- Food Allergy Research and Education (FARE)
www.foodallergy.org
(800) 929-4040
- American Academy of Allergy, Asthma and Immunology (AAAAI)
www.aaaai.org
(414) 272-6071
- American College of Allergy, Asthma and Immunology (ACAAI)
www.acaai.org
(847) 427-1200
- American Academy of Pediatrics (AAP)
www.aap.org
(800) 433-9016



Health Services

Life Threatening Allergies



***What we do to keep
Students safe***

Keeping students with life-threatening allergies safe at school

Does your student have a severe allergy, either to insect stings, food, medication, latex, or something else?

When a student with a life-threatening allergy enrolls in school, bring it to the nurse's attention immediately so that we may create an allergy plan together!

Common Food Allergies

Milk, eggs, fish, shellfish, soy, wheat, peanut, tree nut (walnut, cashew, etc.)

Common Insect Allergies

Honeybees, bumblebees, yellow jackets, hornets, wasps, and some ants



What is Anaphylaxis?

A sudden, severe, potentially fatal systemic allergic reaction that can involve various areas of the body such as skin, respiratory tract, GI tract and cardiovascular system

Symptoms occur within minutes to two hours after contact with the allergen.

Common Symptoms

- Vomiting
- Itchiness
- Swelling of the face or lips
- Throat tightness
- Coughing
- Difficulty breathing
- Sneezing and watery eyes
- Skin that is red and bumpy

What is the Treatment?

Epinephrine: a powerful drug used for treatment of anaphylaxis: it is the most immediate and effective treatment available. *Antihistamines* may be used in addition.

Actions for Parents

- Notify the school if your child has a life-threatening allergy
- Share information with the nurses and return paperwork promptly
- Help create an allergy plan that will be shared with school staff
- Provide the school with medication
- Teach your child how to avoid the allergen

Actions for Allergic Person

- Avoid the allergen
- Wash hands frequently
- Read food labels
- No food or utensil sharing
- If able, carry your own epinephrine
- Wear a medic alert bracelet
- Let your friends know that you have a severe allergy and teach them what to do if you have a reaction

Actions for School Staff

- Be aware of who has a severe allergy
- Recognize symptoms of anaphylaxis and know how to administer epinephrine
- Avoid using common allergy foods in classroom projects or for snacks
- Wash hands, encourage students to wash their hands also