

2023-2024 ALLERGY AND EPIPEN TRAINING

FCSD #2 ANNUAL ALL STAFF TRAINING



WHAT IS THE DIFFERENCE BETWEEN A MILD REACTION AND ANAPHYLAXIS?



Signs and Symptoms of A Mild Reaction:

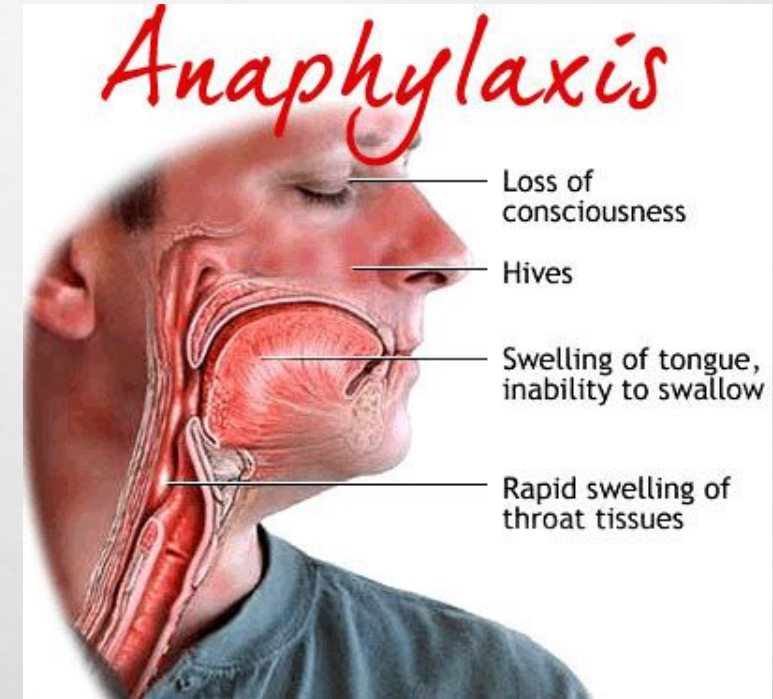
- **Red Rash**
- **Itching**
- **Nasal Congestion**
- **Watery and itchy eyes**
- **Coughing and or sneezing**

ANAPHYLAXIS:

Signs and Symptoms of Anaphylaxis:

- **Large Hives on the skin**
- **Swollen throat or other areas of the body**
- **Wheezing and or trouble breathing**
- **Red and Swollen Face**
- **Fear of impending doom**

Anaphylaxis is a serious, life threatening allergic reaction. The body is reacting quickly to an allergen. Anaphylaxis is a medical emergency. Often several body systems are involved and lifesaving medication must be administered immediately.



Do Not Allow these allergens in your classroom if one of your students has an allergy.

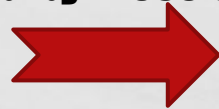
- 1. PEANUTS**
- 2. TREE NUTS**
- 3. MILK**
- 4. EGGS**
- 5. WHEAT**
- 6. SOY**
- 7. FISH**
- 8. SHELLFISH**

Billy has a peanut allergy. Sam brings peanut butter crackers for snack. Sam opens the door and has peanut butter on his hands. There is a potential risk for Sam to have an allergic reaction due to cross contamination. Simply by touching the door, which could lead to anaphylactic shock.






OTHER LIFE-THREATENING ALLERGENS:

Insect Stings:

- **The allergen from an insect sting is the venom**
- **Most serious reactions are caused by these 5**



Meet the Cast: Stinging Insects

Yellow Jacket	Hornet	Wasp	Honey Bee	Fire Ant
				
<p>- Where: build nests in the ground</p> <p>- When: late summer</p> <p>- How: leave their stinger</p>	<p>- Where: build nests in trees or shrubs</p> <p>- Characteristic: aggressive</p>	<p>- Where: build nests under eaves of houses, present at outdoor events with food/ drink, most common in Florida, Texas, Louisiana</p> <p>- When: spring & early summer</p>	<p>- Where: build nests in trees or hollow logs, typically sting when people are barefoot in grass/ clover</p> <p>- How: usually leave stinger</p>	<p>- Where: build nests in mounds of fresh soil or on the beach, most common south of the Mason Dixon Line</p>

OTHER LIFE-THREATENING ALLERGENS:

LATEX:

- **Can be mild to severe**
- **Can be found in: Carpeting, gloves, toys, rubber bands, erasers, balloons and clothing**

MEDICATIONS:

- **Antibiotics, Aspirin, Ibuprofen**

HOW TO TREAT A MILD REACTION IN YOUR CLASSROOM:

- **When a student has a MILD REACTION it is important that the school nurse is notified as soon as possible!**
- **Bring the student to the nurse as soon as you notice any signs of a reaction, or think you notice a reaction. A further assessment will be completed by the nurse. If the nurse is unavailable call 911! Never hesitate to call 911.**
- **Never allow the student to be alone, even during a mild reaction. Mild reactions can turn into severe reactions within seconds.**

EpiPen Training

HOW TO TREAT ANAPHYLAXIS



WHAT IS AN EPIPEN?

- **The EpiPen Auto Injector is a disposable, pre-filled automatic injection device that allows non-medical professionals to administer epinephrine in the event of a severe allergic reaction.**
- **Epinephrine is a medication that can help decrease your body's allergic reaction by:**
 - **Relaxing the muscles in your airway to make breathing easier**
 - **Help reverse the rapid and dangerous decrease in blood pressure**
 - **Relaxing the muscles in the stomach, intestines and bladder**

WHICH EPIPEN DO I USE?



REGULAR EPIPEN:

- **Yellow box and syringe**
- **For adults and children weighing 66 pounds or more**
- **Epinephrine 0.3 mg**



EPIPEN JR:

- **Green box and syringe**
- **For children weighing 33 to 66 pounds**
- **Epinephrine 0.15 mg**

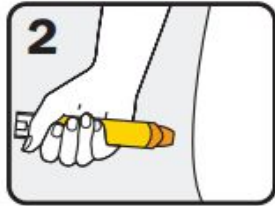


EPIPEN USAGE IS EASY:

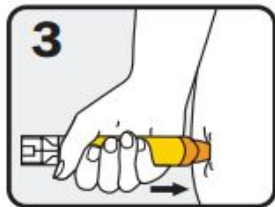
How to give EpiPen®



Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE



Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)



PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds REMOVE EpiPen®

Never leave the person having the reaction alone. Assign someone to stay at their side until help arrives.

Always call 911 if you suspect anaphylaxis and after administering epinephrine!



Hold to skin for 3 seconds-Count Slowly

FIELD TRIPS AND LOCATION OF EPIPENS:

- Please contact the school nurse the day before a scheduled field trip and you will be provided with a First Aid kit containing the **required student EpiPen**.
- Please return all EpiPens to the school nurse office as soon as you return to the school.
- **Student specific EpiPens** are located in the Nurse's office.
- **Please note:** If a parent discloses their child requires an epi-pen, they are responsible for providing the EpiPen and prescription.
- Stock EpiPens are located in the nurse's office on the counter in clear canisters.

REMEMBER:

- **FCSD #2 is NOT a NUT FREE school**
- **Know your student's allergies. We are all responsible for this.**
- **Communicate with parents your classroom expectations regarding snacks in the classroom.**
- **It is imperative all allergies are reported to me. I would rather hear information twice, than not at all.**
- **Stop by if you have any further questions regarding allergies and the use of the EpiPen Auto Injector.**
- **[CLICK HERE](#) to complete the quiz. This should be submitted by September 30, 2023.**
- **[If you have not used an EpiPen auto-injector, please stop in my office to use the demo injector.](#)**

Thank you for helping keep our students safe!

Anna M. Hinkle L.P.N FCSD #2 Nurse/Food Service Director