A student with food allergy symptoms should be placed in an area where he/she can be closely observed. Never send a student to the health room alone or leave a student alone. Limit moving a student who is in severe distress. Go to the student instead.

**Immediate Assessment:**
Are the signs or symptoms severe? (for suspected or known ingestion) Any one of:
- **LUNG:** Short of breath, wheeze, repetitive cough
- **HEART:** Pale, blue, faint, weak pulse, dizzy, confused
- **THROAT:** Tight, hoarse, trouble breathing/swallowing
- **MOUTH:** Obstructive swelling (tongue and/or lips)
- **SKIN:** Many hives over body

Or combination of symptoms from different body areas:
- **SKIN:** Hives, itchy rashes, swelling (e.g., eyes, lips)
- **GUT:** Vomiting, crampy pain

**Take Immediate Actions**
1. INJECT EPINEPHRINE IMMEDIATELY
2. Call 911
3. Begin monitoring (see box below)
4. Give additional medications:*  
   - Inhaler (bronchodilator) if asthma
   - *Inhalers/bronchodilators are not to be depended upon to treat a severe reaction (anaphylaxis).
   - **USE EPINEPHRINE.**

**MILD SYMPTOMS ONLY:**
- **MOUTH:** Itchy mouth
- **SKIN:** A few hives around mouth/face, mild itch
- **GUT:** Mild nausea/discomfort

**Monitor as below.**
Observe for severe signs or symptoms-if any develop, take immediate action.
Contact parent/guardian.

**Monitoring**
Stay with student. Check and record respirations, pulse and BP. Alert healthcare professionals and parent. Tell EMS (Emergency Medical Services) that epinephrine was given; request an ambulance with epinephrine. Note time when epinephrine was administered. A second dose of epinephrine can be given 5 minutes or more after the first if symptoms persist or recur. For a severe reaction, consider keeping student lying on back with legs raised. Treat student even if parents cannot be reached. Continue to observe student after symptoms have subsided, as a biphasic reaction can occur hours after the original exposure/reaction.

With parental permission, send a copy of the health room encounter report to the student’s physician. Obtain a personal food allergy action/Emergency Care plan.

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