

## Antelope Valley Union High School District Emergency Health Plan – Severe Allergies

### Nursing Diagnosis:

- Risk for cardiac and respiratory failure due to severe allergic reaction.

### Health Goals:

- Can perform, or be assisted to perform, prevention techniques such as knowing allergy triggers and staying away from them.
- Receives appropriate and adequate interventions, as necessary, to maintain breathing and reduce or eliminate the body's allergic responses.
- Reports signs of illness and / or known exposure to an adult who initiates emergency care.

### What are the common causes?

<u>Foods</u>	wheat, nuts, eggs, milk
<u>Stinging or biting insects</u>	bees, wasps, ants
<u>Medications</u>	aspirin, sulfa drugs
<u>Chemicals</u>	fertilizer, hazardous materials
<u>Latex</u>	rubber gloves, balloons, tape, band aids
<u>Tropical fruits</u>	avocado, bananas, kiwi, papaya, etc.

\*\*Peanuts cause the most fatal allergic reactions in children under 14.

\*\*Fish and shellfish are the most frequent cause of allergic reactions in adults.

Signs of Allergy	Interventions
<ul style="list-style-type: none"> <li>• <b>Verbal report</b> of the <u>bite</u> or <u>sting</u> or exposure to <u>allergic substance</u></li> <li>• <b>Itchiness</b> with hives, redness or irritability</li> <li>• Changes in skin color</li> <li>• <b>Difficulty swallowing or breathing</b> problems (tight throat, noisy breaths, short of breath, or new onset of constant cough)</li> <li>• <b>Stuffy, itchy, or watery</b> eyes or nose</li> <li>• Nausea, vomiting, abdominal cramps, or diarrhea</li> <li>• <b>Dizziness or sense of doom</b></li> <li>• Signs of shock, like <b>pulse near or over 100</b> beats per minute</li> </ul>	<ul style="list-style-type: none"> <li>❑ <b>Do not move victim</b> because increased circulation of venom or chemical may intensify symptoms</li> <li>❑ <b>Remain calm and reduce anxiety for all</b></li> <li>❑ <b>Immediately contact Switchboard to retrieve the Epi-Pen from the Health Office</b></li> <li>❑ <b>Give injection immediately</b> and without delay because the body is already reacting even when there are few clear signs</li> <li>❑ <b>Maintain an open airway and keep victim warm</b> to maintain body's function during shock</li> </ul>

- ❑ **Do NOT wait to give the injection** until there are symptoms, it may be too late. Unless the allergy reaction of the body is not stopped, the process continues even though it may not be obvious. Symptoms have been known to be seen several hours (up to 24) after the initial contact and cause grave injury and death due to lack of appropriate treatment.
- ❑ **Do NOT push, pinch, squeeze or further imbed** the stinger into the skin because this causes the venom to be injected into the victim. Wait for EMS.

### Call 9-1-1 when:

- **Student reports a bite, sting, ingestion or chemical exposure to allergen**
- **Student has signs of allergy, as listed above, but denies having an allergy**
- **Decreased alertness or increased confusion as a progression to changes in the level of consciousness**
- **Student has received an injection or should receive one due to above symptoms, but has no medication available at school.**