2019-2020 ALLERGY AND EPIPEN TRAINING

FCSD #2 ANNUAL 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
- Fear of impending doom

Anaphylaxis is a serious, life threatening allergic reaction. The body reacts 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!

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>PEANUTS</td>
</tr>
<tr>
<td>2.</td>
<td>TREE NUTS</td>
</tr>
<tr>
<td>3.</td>
<td>MILK</td>
</tr>
<tr>
<td>4.</td>
<td>EGGS</td>
</tr>
<tr>
<td>5.</td>
<td>WHEAT</td>
</tr>
<tr>
<td>6.</td>
<td>SOY</td>
</tr>
<tr>
<td>7.</td>
<td>FISH</td>
</tr>
<tr>
<td>8.</td>
<td>SHELLFISH</td>
</tr>
</tbody>
</table>

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, 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
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
  • Helping to 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:

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!

How to give EpiPen®

1. Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE

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

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

Hold to skin for 3 seconds
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 an EpiPen. Please don't assume the nurse will have one ready for you.

- Please return all EpiPens to the school nurse office as soon as you return to the school.

- All EpiPens are located in the school nurse’s office on the wall, next to the medication cabinet. Please familiarize yourself with this location.
REMEMBER:

• It’s your classroom and your rules regarding allergens in the classroom. Please let me know how I can help. I will communicate student allergies at the beginning of the year as I’m made aware of them.

• Stop by if you have any further questions regarding allergies and the use of the EpiPen Auto Injector.

• **Print and complete the post test and place it in my mailbox by September 30, 2019.**

• **Please stop in my office and practice with the hands on EpiPen trainer.**

• Thank you for helping keep our students safe!

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