

REGIONAL SCHOOL DISTRICT #10



Procedures for Care of Life-Threatening Food Allergies

All symptoms, no matter how minor, need to be recognized and treated promptly. Symptoms include:

- Localized swelling, itching or rash of any body part
- Itchy lips
- Difficulty swallowing, breathing
- Stomach cramps or pain
- Vomiting, nausea or diarrhea
- Coughing or wheezing
- Flushed, pale skin
- Dizziness, fainting
- Heartbeat irregularities
- Decrease in blood pressure
- Anxiety

Follow These Steps:

1. Call the school nurse IMMEDIATELY.
2. Administer eminephrine auto-injector (Epi-Pen)
3. Call 911 (even if the symptoms are gone)
4. Call the child's parent(s)
5. Talk quietly and slowly to the child
6. Adult escort child in ambulance when appropriate