

Anaphylaxis

Anaphylaxis is a severe allergic reaction to a substance, most commonly nuts, egg, milk, wheat, soy, seafood, some insect stings and medications. Anaphylaxis is best prevented by knowing and avoiding the allergens.

Signs and symptoms of anaphylaxis:

Signs of mild to moderate allergic reaction include:

- swelling of the lips, face and eyes
- hives or welts
- tingly mouth
- abdominal pain and / or vomiting (signs of a severe allergic reaction to insects)

Signs of anaphylaxis (severe allergic reaction) include any **one** of the following:

- difficult / noisy breathing
- swelling of tongue
- swelling / tightness in throat
- difficulty talking and / or a hoarse voice
- wheeze or persistent cough
- persistent dizziness or collapse
- pale and floppy (young children)
- abdominal pain and / or vomiting (signs of a severe allergic reaction to insects)

Purpose

- To provide a safe and healthy school environment that takes into consideration the needs of all students, including those who may suffer from anaphylaxis.
- To raise awareness about anaphylaxis and the school's anaphylaxis management policy in the school community.
- To engage with parents/carers of students at risk of anaphylaxis in assessing risks, developing risk minimisation strategies and management strategies for the student.
- To ensure that each staff member has adequate knowledge and training about allergies, anaphylaxis and the school's policy and procedures in responding to an anaphylactic reaction.

Implementation

- An Anaphylaxis Management Plan will be developed for each student who has been diagnosed as at risk of anaphylaxis.
- The Management Plan will also include the student's ASCIA (Australasian Society of Clinical Immunology and Allergy) Action Plan. It must be signed by the student's medical practitioner and have an up to date photograph of the student on it. The student's parents/carers must complete the Action Plan and provide a copy to school.

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- A copy of the Management Plan should be kept in the office, the First Aid Room, with the student's EpiPen, in their classroom and specialist areas.
- The student's Anaphylaxis Management Plan should clearly set out:
 - The type of allergy or allergies
 - The student's emergency contact details
 - Practical strategies to minimize the risk of exposure to allergens during classroom activities, snack and lunch breaks, before and after school, canteen, incursions, sports days, class parties, excursions and camps.
 - The name of the person/s responsible for implementing the strategies.
 - Information on where the EpiPens are stored.
- Provide training for staff.
- Know the susceptible students and their allergens.
- Display photos of students with EpiPens in the staffroom, sick bay and the student's classroom.
- Inform the community when relevant.
- Not allowing food sharing in order to restrict food approved by parents.
- If an EpiPen has been prescribed for a student it must be provided by the child's parents/carers and is to be clearly named and kept in a cool bag and is to be replaced before the expiry date.
- All staff are to know where the EpiPens are located for each student.
- The school EpiPen is located in the First Aid Room.
- The school will not ban certain foods such as nuts as recommended by the Royal Children's Hospital as it causes complacency and cannot be monitored. Students are to learn to be vigilant.
- Information is to be updated annually or if and when changes occur.

Evaluation:

This policy will be reviewed as part of the School's three-year review cycle

This policy was ratified by School Council in 2017.

This policy will be reviewed by School Council in 2020.