

St Mary's Farnham Royal Church of England Primary School

We aspire to grow as a community through FAITH as a FAMILY.

Thriving for all our FUTURES enabling us to FLOURISH



St Mary's Farnham Royal Allergy and Anaphylaxis Policy

Subject Leader:	Mr S Broderick
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1. AIMS AND OBJECTIVES

This policy outlines St Mary's Farnham Royal School's approach to allergy management, including how the whole-school community works to reduce the risk of an allergic reaction happening and the procedures in place to respond when a reaction happens. It also sets out how we support our pupils with allergies to ensure their wellbeing and inclusion, as well as demonstrating our commitment to being an allergy aware school.

This policy applies to all staff, pupils, parents and visitors to the school and should be read alongside these other policies:

Supporting Children with Medical Needs and Administering Medicines

Mental Health and Wellbeing for Children and Parents

Child Protection

Anti-Bullying Policy

Our policy is available on our website, and the parents of all children with an allergy will be given a printed copy for their information, translated if necessary.

2. WHAT IS AN ALLERGY?

Allergy occurs when a person reacts to a substance that is usually considered harmless. It is an immune response and instead of ignoring the substance, the body produces histamine which triggers an allergic reaction.

Whilst most allergic reactions are mild, causing minor symptoms, some can be very serious and cause anaphylaxis, which is a life-threatening medical emergency.

People can be allergic to anything, but serious allergic reactions are most commonly caused by food, insect venom (such as a wasp or bee sting), latex and medication.

3. DEFINITIONS

ANAPHYLAXIS: Anaphylaxis is a severe allergic reaction that can be life-threatening and must be treated as a medical emergency.

ALLERGEN: A normally harmless substance that, for some, triggers an allergic reaction. You can be allergic to anything. The most common allergens are food, medication, animal dander (skin cells shed by animals with fur or feathers) and pollen. Latex and wasp and bee stings are less common allergens.

Most severe allergic reactions to food are caused by just 9 foods. These are eggs, milk, peanuts, tree nuts (which includes nuts such as hazelnut, cashew nut, pistachio, almond, walnut, pecan, Brazil nut, macadamia etc), sesame, fish, shellfish, soya and wheat.

There are 14 allergens required by UK law to be highlighted on pre-packed food. These allergens are celery, cereals containing gluten, crustaceans, egg, fish, lupin, milk, molluscs, mustard, peanuts, tree nuts, soya, sulphites (or sulphur dioxide), and sesame.

ADRENALINE AUTO-INJECTOR: Single-use device which carries a pre-measured dose of adrenaline. Adrenaline auto-injectors are used to treat anaphylaxis by injecting adrenaline directly into the upper, outer thigh muscle. Adrenaline auto-injectors are commonly referred to as AAI's, adrenaline pens or by the brand name EpiPen. There are two brands licensed for use in the UK: EpiPen and Jext Pen. For the purposes of this Policy we will refer to them as Adrenaline Pens.

ALLERGY ACTION PLAN: This is a document filled out by a healthcare professional, detailing a person's allergy and their treatment plan.

DESIGNATED ALLERGY LEAD: The member of staff responsible for overseeing allergy management across the school and acting as the main point of contact for pupils, parents and staff.

NEFFY: Neffy (official name in the UK is EURNeffy) is a nasal spray which delivers adrenaline. It is a needle-free alternative to an adrenaline auto-injector approved.

INDIVIDUAL HEALTHCARE PLAN: A detailed document outlining an individual pupil's medical conditions, history, treatment, risks and action plan. This document should be created by schools in collaboration with parents/carers and, where appropriate, pupils. All pupils with an allergy should have an Individual Healthcare Plan and it should be read in conjunction with their Allergy Action Plan. IHCPs are held securely in the Main Office, and each class has copies of the IHCPs relevant to the children in that class.

RISK ASSESSMENT: A detailed document outlining an activity, the risks it poses and any actions taken to mitigate those risks. Allergy should be included on all risk assessments for events on and off the school site.

SPARE ADRENALINE PENS: Schools are able to purchase spare adrenaline pens. These should be held as a back-up, in case pupils' prescribed adrenaline pens are not available. They can also be used to treat a person who experiences anaphylaxis but has not been prescribed their own adrenaline.

4. ROLES AND RESPONSIBILITIES

St Mary's Farnham Royal School takes a whole-school approach to allergy management.

4.1 Designated Allergy Lead

The Designated Allergy Lead is Shane Broderick- Headteacher. They report to Stuart Cook, Head Teacher. They are responsible for:

- Ensuring the safety, inclusion and wellbeing of pupils and staff with an allergy;
- Taking decisions on allergy management across the school;
- Championing and practicing allergy awareness across the school;
- Being the overarching point of contact for staff, pupils and parents with concerns or questions about allergy management;
- Ensuring allergy information is recorded, up-to-date and communicated to all staff;
- Making sure all staff are appropriately trained, have good allergy awareness and realise their role in allergy management (including what activities need an allergy risk assessment);
- Ensuring staff, pupils and parents have a good awareness of the school's Allergy and Anaphylaxis Policy, and other related procedures.
- Reviewing the school's stock of spare adrenaline pens and ensuring staff know where they are;
- Keeping a record of any allergic reactions or near-misses, reporting these to the appropriate authority (e.g. under RIDDOR) where necessary and ensuring the circumstances are investigated and learnings shared;
- Regularly reviewing and updating the Allergy and Anaphylaxis Policy; and

- Ensuring there is an anaphylaxis drill once a year.

At regular intervals the Designated Allergy Lead will check procedures and report to the SMT.

4.2 School nurse/ Healthcare team/ Medical Lead

Geraldine Manley is responsible for:

- Collecting and coordinating the paperwork (including Allergy Action Plans and Individual Healthcare Plans) and information from families (this is likely to involve liaising with the admissions team for new joiners);
- Ensuring that the Medical Register is updated and updated copies are available in the Kitchen, Staff room, all classrooms (year group specific) and the main office;
- Supporting the Designated Allergy Lead with disseminating this information to all school staff, including the catering team, occasional staff and those running clubs
- Ensuring the information from families is up-to-date, and reviewed annually (at a minimum). Coordinating medication with families and ensuring medication is in date. It is the parents/responsibility to ensure that all medication kept in school is in date;
- Keeping an adrenaline pen register to include adrenaline pens prescribed to pupils and the school's stock of spare adrenaline pens, including brand, dose and expiry date. The location of spare adrenaline pens should also be documented;
- Regularly checking spare adrenaline pens are where they should be, and that they are in date;
- Replacing the spare adrenaline pens when necessary;
- Providing on-site adrenaline pen training for staff and pupils and refresher training as required e.g. before school trips; and

4.3 Admissions Team (Kate, Arvi and Geraldine)

The admissions team is likely to be the first to learn of a pupil or visitor's allergy. They should work with the Designated Allergy Lead and school nursing team/medical lead to ensure that:

- There is a clear method to capture allergy information or special dietary information at the earliest opportunity, for example, first parent enquiry regarding potential school places and application forms;
- There is a clear structure in place to communicate this information to the relevant parties (i.e. school nursing team, catering team);
- Parents and applicants are informed of catering arrangements during admission events;

All school staff, including teaching staff, support staff, occasional staff (for example sports coaches, music teachers and those running breakfast and afterschool clubs) are responsible for:

- Championing and practicing allergy awareness across the school;
- Reading, understanding and putting into practice the Allergy and Anaphylaxis Policy and related procedures, and asking for support if needed;

- Being aware of pupils (and staff, when necessary) with allergies and what they are allergic to;
- Considering the risk to pupils with allergies posed by any activities and assessing whether the use of any allergen in activity is necessary and/or appropriate;
- Ensuring pupils always have access to their medication or carrying it on their behalf;
- Being able to recognise and respond to an allergic reaction, including anaphylaxis, after appropriate training;
- Taking part in training and anaphylaxis drills as required (at least once a year). Whilst it is the school's responsibility to ensure staff have received annual training, if the member of staff is aware they have not received any allergy training in the last 12 months they should alert a manager;
- Considering the safety, inclusion and wellbeing of pupils with allergies at all times. Preventing and responding to allergy-related bullying, in line with the school's anti-bullying policy;
- Forwarding any communication or information that comes directly to them from parents regarding allergens to the School office and allergy lead
- Ensuring that pupils have their medication and their Allergy Action Plan or Individual Health Care Plan with them when leaving school site, for a match or trip.

4.4 All parents

All parents and carers (whether their child has an allergy or not) are responsible for:

- Being aware of and understanding the school's Allergy and Anaphylaxis Policy and considering the safety and wellbeing of pupils with allergies;
- Providing the school's Admin team or Designated Allergy Lead with information about their child's medical needs, including dietary requirements and allergies, history of their allergy, any previous allergic reactions or anaphylaxis. They should also inform the school of any related conditions, for example asthma, hay fever, rhinitis or eczema;
- Adhering to any food restrictions or guidance the school has in place when providing food, for example in packed lunches, as snacks or for fundraising events;
- Ensure that any treats sent to school to be shared for a birthday or other celebration are in original packaging with listed ingredients;
- Refraining from telling the school their child has an allergy or intolerance if this is a preference or dietary choice; and
- Encouraging their child to be allergy aware.

4.5 Parents of children with allergies

In addition to point 4.4, the parents and carers of children with allergies should:

- Work with the school to fill out an Individual Healthcare Plan and provide an accompanying Allergy Action Plan;
- If applicable, provide the school or their child with two labelled adrenaline pens and any other medication, for example antihistamine (with a dispenser, ie. spoon or syringe), inhalers or creams;
- Ensure medication is in-date and replaced at the appropriate time;

- Ensure their child has access to their allergy medication, including two adrenaline pens if prescribed, on the journey to and from school;
- Update school with any changes to their child's condition and ensure the relevant paperwork is updated too;
- Provide the school with an up-to-date photograph of their child and sign the associated permission for it to be shared appropriately as part of their allergy management; and
- Support their child to understand their allergy diagnosis and to advocate for themselves and to take reasonable steps to reduce the risk of an allergic reaction occurring e.g. not eating the food to which they are allergic.

4.6 All pupils

All pupils at the school should:

- Be allergy aware;
- Understand the risks allergens might pose to their peers and respect measures to support them;
- Learn how they can support their peers and be alert to allergy-related bullying;
- Older pupils will learn how to recognise an allergic reaction and support their peers and staff in case of an emergency; and

4.7 Pupils with allergies

In addition to point 4.6, pupils with allergies are responsible for:

- Knowing what their allergies are and how to mitigate personal risk in an age appropriate way;
- Avoiding their allergen as best as they can;
- Understanding the importance of following the school specific processes of lunch and snack services and how that mitigates risk;
- Understanding that they should notify a member of staff if they are not feeling well, or suspect they might be having an allergic reaction;
- Carrying two adrenaline auto-injectors with them at all times, if age and capability appropriate. They must only use them for their intended purpose;
- Understanding how and when to use their adrenaline auto-injector, if age and capability appropriate;
- Talking to the Designated Allergy Lead or a member of staff if they are concerned by any school processes or systems related to their allergy, if age and capability appropriate;
- Raising concerns with a member of staff if they experience any inappropriate behaviour in relation to their allergies;
- If age and capability appropriate, ensuring they have their medication with them on the journey to and from school.

5. INFORMATION AND DOCUMENTATION

5.1 Register of pupils with an allergy

The school has a register of pupils who have a diagnosed allergy. This includes children who have a history of anaphylaxis or have been prescribed adrenaline pens, as well as pupils with an allergy where no adrenaline pens have been prescribed.

5.2 Individual Healthcare Plans

Each pupil with an allergy has an Individual Healthcare Plan. The information on this plan includes:

- Known allergens and risk factors for allergic reactions;
- A history of their allergic reactions;
- Detail of the medication the pupil has been prescribed including dose, this should include adrenaline pens, antihistamine etc;
- A copy of parental consent to administer medication, including the use of spare adrenaline pens in case of suspected anaphylaxis;
- A photograph of each pupil; and
- A copy of their Allergy Action Plan.

6. ASSESSING RISK

Allergens can crop up in unexpected places. Staff (including visiting staff) will consider allergies in all activity planning and include it in risk assessments. Some examples include:

- Classroom activities, for example DT or junk modelling using food packaging, science experiments where allergens are present, food lessons or cooking;
- Bringing animals into the school, for example a dog or hatching chick eggs can pose a risk;
- Running activities or clubs where they might hand out snacks or food “treats”.
- Planning special events, such as cultural days and celebrations.

Inclusion of pupils with allergies must be considered alongside safety and they should not be excluded. If necessary, adapt the activity. The School will ensure compliance with the Equality Act 2010.

7. FOOD, INCLUDING MEALTIMES & SNACKS

7.1 Catering in school

The school is committed to providing a safe meal for all students, staff and visitors, including those with food allergies.

- St Mary's Farnham Royal School uses an external provider for school meals. Their details are:
- All school staff will receive appropriate allergy training;
- Anyone preparing food for those with allergies will follow good hygiene practices, food safety and allergen management procedures;

- The catering team will endeavour to get to know the pupils with allergies and what their allergies are, supported by school staff;
- The catering team will endeavour to provide varied meal options to students and staff with allergies;
- The school has robust procedures in place to identify pupils with food allergies, during food service, These are
 - a visual check from a member of the catering team familiar with the pupils who have allergies.
 - Photos of pupils with allergies will also be available
- Food containing the main 14 allergens (see Allergens definition) will be clearly labelled . Other ingredient information will be available on request.
- Pre-packaged food will comply with PPDS legislation (Natasha's Law) requiring the allergen information to be displayed on the packaging;
- Where changes are made to the ingredients this will be communicated to the parents of children with dietary needs by the School's catering company
- Please see Appendix 1 (Allergen Policy) for further information regarding products with 'may contain' allergens
- Food provided at breakfast club and after school club may contain dairy or gluten. Staff are aware which children have allergies, and have a printed copy of the children who have allergies available for consultation.

7.2 Food brought into school

- All food coming onto school premises or taken on a school trip or to a sporting activity should be checked to ensure nuts are not an ingredient in any product. Staff will check the label on all foods brought in. Common foods that contain these goods as an ingredient include: packaged nuts, cereal bars, chocolate bars, nut butters, chocolate spread, sauces, kaju katli, barfi etc;
- Food brought into school to support DT, cooking enrichment classes, cake sales, or similar, will be checked for allergies, including foods which may contain or do contain allergens. In addition to being nut free, food will be checked for allergens specific to the class which is using the food;
- All staff using food will have received food hygiene training;

7.3 Food bans or restrictions

- This school is an Allergen Aware school. We have students with a wide range of allergies to different foods, so we encourage a considered approach to bringing in food;
- We try to restrict all nuts as much as possible on the site and check all foods coming into the kitchen –

7.4 Food hygiene for pupils

- Pupils will wash their hands before and after eating;
- Sharing, swapping or throwing food is not allowed;
- Water bottles and packed lunches should be clearly labelled; and

8. EDUCATIONAL VISITS AND SPORTS FIXTURES

- Staff leading the trip will have a register of pupils with allergies and details of their medication. Staff should notify the trip leader of any allergies. Staff will take IHCPs and Allergy Plans for children as necessary;
- Allergies will be considered on the risk assessment and catering provision put in place;
- Parents, and pupils where appropriate, may be consulted if considered necessary, or if the trip requires an overnight stay;
- Staff (and some pupils, if appropriate) accompanying the trip will be trained to recognise and respond to an allergic reaction;
- Allergens will be clearly labelled on catered packed lunches
- See Adrenaline Pens section for School Trips and Sports Fixtures.

9. INSECT STINGS

The school Site Manager will monitor the grounds for wasp or bee nests. Pupils (with or without allergies) should notify a member of staff if they find a wasp or bee nest in the school grounds and avoid them. Children will be taught to stay calm when bees or wasps are in the classroom. Adults in the classroom will encourage any insects to leave the classroom.

10. ANIMALS

It's normally the dander ([flakes](#) of skin) saliva or urine that causes a person with an animal allergy to react.

Precautions to limit the risk of an allergic reaction include:

- A pupil with a known animal allergy should avoid the animal to which they are allergic;
- If an animal comes on site a risk assessment will be done prior to the visit;
- Areas visited by animals will be cleaned thoroughly;
- Anyone in contact with an animal will wash their hands after contact;
- School trips that include visits to animals will be carefully risk assessed.

11. ALLERGIC RHINITIS/ HAY FEVER

St Mary's Farnham Royal has a field used for playtime, and a number of trees on site. This could cause an allergic reaction. If children suffer from hay fever, parents are asked to give children appropriate medication before coming to school. Any prescribed eye drops, or inhaler, will be administered in line with the school policy. The school will keep a supply of Piriton on site for emergency administration with parental written agreement.

12. INCLUSION AND MENTAL HEALTH

Allergies can have a significant impact on mental health and wellbeing. Pupils may experience anxiety and depression and are more susceptible to bullying.

- No child with allergies should be excluded from taking part in a school activity, whether on the school premises or a school trip;
- Pupils with allergies may require additional pastoral support including regular check-ins
- Affected pupils will be given consideration in advance of wider school discussions about allergy and school Allergy Awareness initiatives; and
- Bullying related to allergy will be treated in line with the school's anti-bullying policy.

13. ADRENALINE PENS

[See the government guidance on Adrenaline Pens in Schools.](#)

13.1 Storage of adrenaline pens

- Pupils prescribed with adrenaline pens will have easy access to two, in-date pens at all times;
- All children will carry their adrenaline pens in small bags at all times;
- Spot checks will be made to ensure adrenaline pens are where they should be and in date;
- Adrenaline pens must not be kept locked away;
- Adrenaline pens should be stored at moderate temperatures (see manufacturer's guidelines), not in direct sunlight or above a heat source (for example a radiator); and
- Used or out of date pens will be disposed of as sharps.

13.2 Spare adrenaline pens

This school has spare adrenaline pens to be used in accordance with government guidance.

The locations of spare adrenaline pens are clearly signposted. These are kept in the school office in clearly labelled KIIT medical box

The Designated Allergy Lead and Medical Officer are responsible for:

- Deciding how many spare pens are required
- What dosage is required, based on the Resuscitation Council UK's age-based guidance (highlighted in KIIT box)
- Which brand to buy. Schools are recommended to buy a single brand if possible to avoid confusion;
- The purchasing of spare adrenaline pens which can be obtained at low cost from a local pharmacy. See government guidance above; and
- Distribution around the site and clear signage.

13.3 Adrenaline pens on off-site activities

- No child with a prescribed adrenaline pen will be able to go on a school trip without two of their own devices. It is the trip leader's responsibility to check they have them;
- Adrenaline pens will be kept close to the pupils at all times e.g. not stored in the hold of the coach when travelling or left in changing rooms;
- Adrenaline pens will be protected from extreme temperatures;

- Staff accompanying the pupils will be aware of pupils with allergies and be trained to recognise and respond to an allergic reaction; and
- Consider whether to take spare adrenaline pens to off-site activities. This should be recorded as part of the risk assessment process.

14. RESPONDING TO AN ALLERGIC REACTION /ANAPHYLAXIS

See appendix on recognising and responding to an allergic reaction

If a pupil has an allergic reaction:

- Treat the pupil in accordance with their Allergy Action Plan;
- Instigate the school's Emergency Response Plan (see Appendix)
- If anaphylaxis is suspected administer adrenaline without delay;
- Treat the pupil where they are. Lie them down with their legs raised and bring medication to them;
- Use pupil's own prescribed medication if immediately available;
- Pupil can administer the adrenaline pen themselves [if able to] or a member of staff can administer pen. Ideally the member of staff will be trained, but in an emergency, anyone can administer adrenaline;
- If the pupil's own adrenaline pen is not available or misfires, then use a spare adrenaline pen;
- If anaphylaxis is suspected but the pupil does not have a prescribed adrenaline pen or Allergy Action Plan, lie the pupil down with their legs raised, call 999 and explain anaphylaxis is suspected. Inform the operator that spare adrenaline pens are available and follow instructions from the operator. The MHRA says that in exceptional circumstances, a spare adrenaline pen can be administered to anyone for the purposes of saving their life;
- If, after 5 minutes, there is no improvement, use a second adrenaline pen and call the emergency services again and inform them that a second dose of adrenaline has been given;
- Do not move the pupil until a medical professional/ paramedic has arrived, even if they are feeling better; and
- Anyone who has had suspected anaphylaxis and received adrenaline must go to hospital, even if they appear to have recovered. A member of staff should accompany them in an ambulance until a parent or guardian arrives.

15. TRAINING

15.1 The school is committed to training all staff annually to give them a good understanding of allergy.

This includes:

- Understanding what an allergy is;
- How to reduce the risk of an allergic reaction occurring;
- How to recognise and treat an allergic reaction, including anaphylaxis;

- How the school manages allergy, for example Emergency Response Plan, documentation, communication etc;
- Where adrenaline pens are kept (both prescribed pens and spare pens) and how to access them;
- The importance of inclusion of pupils with food allergies, the impact of allergy on mental health and wellbeing and the risk of allergy related bullying;
- Understanding food labelling; and
- Taking part in an anaphylaxis drill.

15.2 The school will carry out an anaphylaxis drill once a year.

This includes:

- An exercise simulating an event where a pupil or member of staff has an allergic reaction and testing the whole school response.

16. ASTHMA

It is vital that pupils with allergies keep their asthma well controlled, because asthma can exacerbate allergic reactions.

Please see appendix for Asthma Procedure

17. REPORTING ALLERGIC REACTIONS

The school will log allergic reaction incidents and near-misses on CPOMS under a medical incident, allergy.



ALLERGIC REACTIONS VARY



Allergic reactions are **unpredictable** and can be affected by factors such as illness or hormonal fluctuations.



You **cannot assume** someone will react the same way twice, even to the same allergen.



Reactions are not always linear. They don't always progress from mild to moderate to more serious; sometimes they are **life-threatening within minutes**.



MILD TO MODERATE ALLERGIC REACTIONS

Symptoms include:



Swollen lips, face or eyes



Itchy or tingling mouth



Hives or itchy rash on skin



Abdominal pain



Vomiting



Change in behaviour

Response:



Stay with pupil



Call for help



Locate adrenaline pens



Give antihistamine



Make a note of the time



Phone parent or guardian



Continue to monitor the pupil



SERIOUS ALLERGIC REACTIONS / ANAPHYLAXIS

The most serious type of reaction is called **ANAPHYLAXIS**.

Anaphylaxis is uncommon, and children experiencing it almost always fully recover. In rare cases, anaphylaxis can be fatal. It should always be treated as a **time-critical medical emergency**.



Anaphylaxis usually occurs within **20 minutes** of eating a food but can begin **2–3 hours** later.



People who have never had an allergic reaction before, or who have only had mild to moderate allergic reactions previously, can experience anaphylaxis.



RESPONDING TO ANAPHYLAXIS

SYMPTOMS OF ANAPHYLAXIS

A

A – Airway

- Persistent cough
- Hoarse voice
- Difficulty swallowing
- Swollen Tongue

**B**

B – Breathing

- Difficult or noisy breathing
- Wheeze or cough

**C**

C – Circulation

- Persistent dizziness
- Pale or floppy
- Sleepy
- Collapse or unconscious



IF YOU SUSPECT ANAPHYLAXIS, GIVE ADRENALINE FIRST BEFORE YOU DO ANYTHING ELSE

DELIVERING ADRENALINE

1

Take the medication to the patient, rather than moving them.

2

The patient should be lying down with legs raised. If they are having trouble breathing, they can sit with legs outstretched.

3

It is not necessary to remove clothing but make sure you're not injecting into thick seams, buttons, zips or even a mobile phone in a pocket.

4

Inject adrenaline into the **upper outer thigh** according to the manufacturer's instructions.

5

Make a note of the time you gave the first dose and **call 999** (or get someone else to do this while you give adrenaline). Tell them you have given adrenaline for anaphylaxis.

6

Stay with the patient and **do not let them get up or move**, even if they are feeling better (this can cause cardiac arrest).

7

Call the pupil's emergency contact.

8

If their condition has not improved or symptoms have got worse, give a second dose of adrenaline after **5 minutes**, using a second device. **Call 999 again** and tell them you have given a second dose and to check that help is on the way.

9

Start CPR if necessary.

10

Hand over used devices to paramedics and remember to get replacements.



For more information see the [Government's Guidance for the use of adrenaline auto-injectors in schools](#).



Anaphylaxis Emergency Response Plan

Recognise Anaphylaxis

- Breathing difficulty
- Swelling of face or lips
- Hives or rash
- Sudden collapse
- Severe vomiting or pain

When in doubt, treat as anaphylaxis

Immediate Actions

1. Give adrenaline auto-injector
2. Call for help – additional member of staff to call parents
3. Call 999 for an ambulance (“Child having anaphylaxis”)
4. Lay child flat and raise legs unless there is difficulty breathing – in which case, slowly sit up
5. Get second auto-injector

Ongoing Care

- Monitor and reassure
- Record the time the injection was given
- Follow the action plan for the child and/or advice from emergency services

When Paramedics Arrive

- Provide used auto-injectors
- Share allergy information
- Provide healthcare plan

After the Incident

- Complete incident report
- Restock medication

Prevention Measures

- Allergy-aware environment
- Safe food practices
- Regular staff training

Anaphylaxis Emergency Response Plan

Recognise Anaphylaxis



Breathing difficulty



Swelling of face or lips



Hives or rash



Sudden collapse



Severe vomiting or pain

When in doubt, treat as anaphylaxis

Immediate Actions

- 1 Give adrenaline auto-injector
- 2 Call for help – additional staff member to call parents
- 3 Call 999 ("Child having anaphylaxis")
- 4 Lay child flat and raise legs
(If breathing is difficult, slowly sit up)
- 5 Get second auto-injector



Ongoing Care

- Monitor and reassure
- Record the time the injection was given
- Follow the child's action plan and/or advice from emergency services-

When Paramedics Arrive

- Provide used auto-injectors
- Share allergy information
- Provide healthcare plan

After the Incident

- Complete incident report
- Restock medication

Prevention

- Allergy-aware environment
- Safe food practices
- Regular staff training

Asthma Emergency Response Plan

Recognise Asthma Symptoms

- Persistent cough or wheeze
- Shortness of breath
- Chest tightness or pain
- Difficulty speaking or eating
- Pale, sweaty or anxious appearance

When in doubt, treat as an asthma attack

Immediate Actions

6. Give prescribed inhaler – usually blue – and use a spacer if possible
7. Sit child upright – do not lie down
8. Stay calm and reassure
9. Repeat inhaler every few minutes as directed in the child's IHCP
10. Call for help – additional member of staff to call parents
11. If no improvement, call 999 ("child having an asthma attack")

Ongoing Care

- Monitor breathing and response to medication
- Record the time and number of inhaler doses given
- Follow the child's asthma action plan
- Reassure and keep the child comfortable

If Paramedics are called

- Provide inhalers and spacers used
- Share asthma history and known triggers
- Provide healthcare plan and record of action taken

After the Incident

- Complete incident report
- Restock medication
- Renew and update plan if needed

Prevention Measures

- Allergy-aware environment
- Avoid known triggers
- Regular staff training

Asthma Emergency Response Plan

Recognise Asthma Symptoms



Persistent cough or wheeze



Shortness of or breath



Chest tightness or pain



Difficulty speaking or eating



Pale, sweaty, or anxious appearance

When in doubt, treat as an asthma attack

Immediate Actions

1. Give reliever inhaler (usually blue) – use spacer
2. Sit child upright – do not lie down
3. Stay calm and reassure
4. Repeat inhaler every few minutes
5. If no improvement, call **999**
("Child having asthma attack")




Ongoing Care

-  Monitor breathing & response
-  Record inhaler doses given
-  Follow child's asthma action plan

When Paramedics Arrive

-  Provide inhalers & spacer
-  Share asthma history
-  Provide healthcare plan

After the Incident

-  Complete incident report
-  Restock medication

Prevention Measures

-  Asthma-aware environment
-  Avoid known triggers
-  Regular staff training

