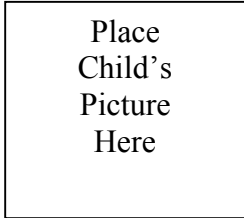


FOOD ALLERGIES

MEDICAL ALERT FOR SUBSTITUTE TEACHERS



Student Name: _____

Grade: _____

Homeroom/Teacher: _____

FOOD ALLERGY TO: _____

- Please see the student's attached **EMERGENCY ACTION PLAN (EAP)** and review it with the school nurse/health office if you have any questions.

EMERGENCY INSTRUCTIONS:

1. IF AN ALLERGIC REACTION OR INGESTION OF AN ALLERGEN IS SUSPECTED:

- Call the school nurse, office or principal immediately.
- Trained school staff must administer emergency medications immediately.
- The student should have an adult escort if requests to go to the Health Office for allergic symptoms.

2. SYMPTOMS OF ALLERGIC REACTION (may include any of the following):

- Mouth: Itching, tingling, or swelling of lips, tongue, mouth
- Skin: Hives, itchy rash, swelling of the face or extremities
- Gut: Nausea, abdominal cramps, vomiting, diarrhea
- Throat*: Tightening of throat, hoarseness, hacking cough
- Lung* Shortness of breath, repetitive coughing, wheezing
- Heart* Thready pulse, low blood pressure, fainting, pale, blueness

**Potentially life-threatening. All above symptoms can potentially progress to a life threatening situation.*

3. Location(s) of emergency medications (Epi-pen, Benadryl): _____

(If the student maintains a supply of emergency medication with their EAP in the classroom, take these with the student if it's necessary to leave the building, ie., fire drills, evacuations, etc.).

CLASSROOM GUIDELINES:

To ensure the student's safety, please follow these instructions:

- Students are not allowed to share or trade food.
- Please check ingredients of food products used in any class projects (ie, art projects, cooking projects).
- If any food is to be served for birthday or school celebrations, the allergic student has a supply of "safe snacks" stored in the classroom from which he/she should choose instead.

Other special instructions: _____