

Allergies

Insect Stings

- The principal group of insects that sting are called Hymenoptera, are widely distributed and include:
 - Yellow Jackets
 - Honey Bees
 - Wasps
 - Hornets

Insect Stings

Things that may attract insects include:

- Food
- Strong perfumes
- Brightly colored, flowery prints, and black clothing

Insect Stings

- It is recommended that when outside for long periods that you wear: tan, green, or khaki colored clothing
- You should also always wear shoes
- When possible, keep arms and legs covered by garments

Insect Stings

- Symptoms occur within minutes
- Reactions can vary from mild to life-threatening
- Local reactions do not predict a severe reaction

Insect Stings

- Local reactions are found at the site of the sting and can cause painful swelling and itching
- Symptoms usually disappear within a few hours
- Some local reactions can cause swelling in a large areas, i.e., the entire arm from a sting to the hand

Symptoms can progress to include:

- Complaints of not feeling right
- Severe itching around the eyes, ears, and throat
- Coughing and sneezing
- Facial edema around the eyes, lips, cheek, and neck
- Generalized hives or erythema (abnormal redness of the skin)

Headache

Abdominal cramps, diarrhea, nausea, vomiting

Hypotension

Rapid pulse

Signs of airway closure:

Difficulty breathing, shortness of breath, fullness in the throat, change in voice, wheezing, or stridor

Managing Students with Insect Stings

- Remove stinger if the insect has left it in the skin. You can do this by scraping gently with your fingernail or an object such as a card.
- Place a cold compress on the sting site.
- If available for the student, administer antihistamines (1 to 2, 25 mg caps of Benadryl)
- Some students with known allergies may be prescribed oral steroids and we would administer as directed by the medical home.

Managing Students with Insect Stings

- Administer EpiPen if authorized and seek immediate medical attention for students with a history of severe reactions or at first sign of symptoms of a severe reaction.
- Don't wait to see how bad a reaction will become before calling for help.

Food Allergies

- Symptoms occur within minutes to 2 hours after ingestion
- Almost any food can cause an allergy
- There is no cure for a food allergy
- Complete and strict avoidance is the only way to prevent a reaction

Food Allergies

- 90% of food allergies in the US are caused by:

Milk

Wheat

Eggs

Soy

Peanuts

Fish

Tree nuts

Shellfish

Food Allergies

- The majority of severe reactions are caused by:
 - Peanuts
 - Tree nuts
 - Fish
 - Shellfish

Food Allergies

- Mild symptoms can progress rapidly to severe very quickly
- Some students have reactions when the food is cooked and/or becomes airborne
- Students can be expose by:
 - Not reading labels or inaccurate labels on foods, food trading, and contamination from improperly cleaned utensils or table surfaces

Food Allergies

- Symptoms of a reaction can vary from person to person for the same food.
- Symptoms can occur in one or more of the body's systems: Respiratory, cardiovascular, gastrointestinal, skin

Food Allergies- Symptoms

- Itchy watery eyes
- Runny stuffy nose
- Sneezing
- Cough
- Itching or swelling of the lips
- Abdominal cramps
- Nausea and vomiting
- Hives, eczema
- Itchy red rash
- Swelling of skin

Food Allergies-Symptoms

More severe symptoms can include:

Shortness of breath, difficulty swallowing, chest tightness, tingling of the mouth, itching or swelling of the mouth, throat, or tongue, change in voice, drop in blood pressure, loss of consciousness/fainting, and anaphylactic shock (an often severe and sometimes fatal systemic reaction in a susceptible individual upon a second exposure to a specific antigen)

Food Allergies

Remember that there is no way to know how serious a reaction will become, so it is important to treat all reactions quickly

Food allergy is the leading cause of anaphylaxis outside the hospital setting

Plain old soap and water are the most effective tools for removing peanut residue from hands. If you are away from water, use baby wipes instead of hand sanitizer. Hand sanitizer does not remove peanut protein.

EpiPen Auto Injectors

- EpiPen Auto Injectors are spring activated injectors with the needle hidden
- The active ingredient is Epinephrine

Epinephrine is the treatment of choice because it quickly constricts blood vessels, relaxes smooth muscles in the lungs (improves respiratory function) and stimulates the heartbeat.

EpiPen

- It is also the treatment of choice for people with prior severe allergic reactions to foods and/or drugs
- The EpiPen was developed by the military and NASSA due to fear of injecting oneself
- They are simple to use and there is no visible needle which helps to alleviate fear of self injection

EpiPen

To Use:

1. Remove gray safety cap
2. Place black tip on the fleshy outer portion of the thigh (Can inject through clothing)
3. Apply moderate pressure (which activates the plunger)

EpiPen

- Seek further medical help
- Medication usually wears off within 10-20 minutes
- Keep the student warm
- If after 20 minutes symptoms have not improved and you are without help you can give a second injection

EpiPen

- The injection is quite painless
- Usually the benefit of the medication is felt within seconds
- Increased heart rate and nervousness (like an adrenalin rush) can sometimes be felt as a result of the injection

Allergies

Remember:

✓ Recognize

✓ Respond

✓ React

✓ Reassess