

## Tuck shops

It is your responsibility to control/liaise with school staff to ensure that they are aware of your child's allergies.

## School materials

Be aware that some materials used in school may contain an allergen. E.g. pet food, bird feed, art and science materials

For further advice about anaphylaxis visit:

[www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

[www.actionagainstallergy.co.uk](http://www.actionagainstallergy.co.uk)

### Children and Young People's Home Care Team

Leighton Hospital  
Middlewich Road  
Crewe  
Cheshire  
CW1 4QJ

**Direct Line: 01270 612071**

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**Mid Cheshire Hospitals**  
NHS Foundation Trust

# Anaphylaxis Treatment

Important information for patients and relatives



## **What is anaphylaxis?**

Anaphylaxis is an acute severe allergic reaction.

In a person who is prone to a reaction it may be caused by:

- Insect stings (bee or wasp).
- Injections (immunisations or antibiotics).
- Food (e.g. peanuts, fish, soya).
- More rarely – other substances eaten, inhaled or injected or exercise.

If someone has several attacks, each one follows the same pattern. It can start within one to five minutes (stings, injections or inhalations) but may take up to six hours in the case of some foods (though minor symptoms can be noticed within minutes).

The effects may be:

- Itching, this may be all over the body but can sometimes only be in one or two places. In the case of a sting, the itching could be away from the site of the sting.
- A blotchy raised rash (nettle rash, urticarial). This is sometimes so wide spread that the whole regions of the body swell up like a balloon. If the swelling is around the face and throat it may be severe enough to make breathing difficult (or impossible).
- Wheezing (asthma), this may be severe.
- Low blood pressure causing fainting or collapse.
- Vomiting/diarrhoea.

## **How is it treated?**

A severe allergic reaction is treated by an injection of adrenaline by an autoinjector.

If your child's allergy is severe enough to require an autoinjector, you will be instructed in its use.

## **Management of your child's allergies**

It is important to ensure that your child and everyone who comes into contact with them are aware of their allergies and how to manage them.

### **Packed / School lunch**

It is your responsibility to ensure that you do not give your child any ingredients that they are allergic to.

It is your responsibility to ensure that the lunchtime workers at your child's school are aware of any allergies. This can be done by liaising with lunchtime staff and letter, confirming your child's diagnosis, to the catering department requesting appropriate diet.

### **Awareness of other things that may contribute to a reaction:**

- Swapping food.
- Using the same utensils.
- Other children's food/packed lunches.

### **School trips**

Discuss with your school your responsibilities with accompanying your child on school trips as the teacher's responsibility is to the majority i.e. primary school.

### **Other children's treats/parties**

It is your responsibility to inform other parents of allergies and to possibly supply appropriate food.

**Other areas where potential reactions may occur is by close contact e.g. kissing.**