

# 2024-2025 Allergy and EPIPEN Training

FCSD #2 ANNUAL ALL STAFF  
TRAINING



# What is the difference between a mild reaction and Anaphylaxis?



## Signs and Symptoms of A Mild Reaction

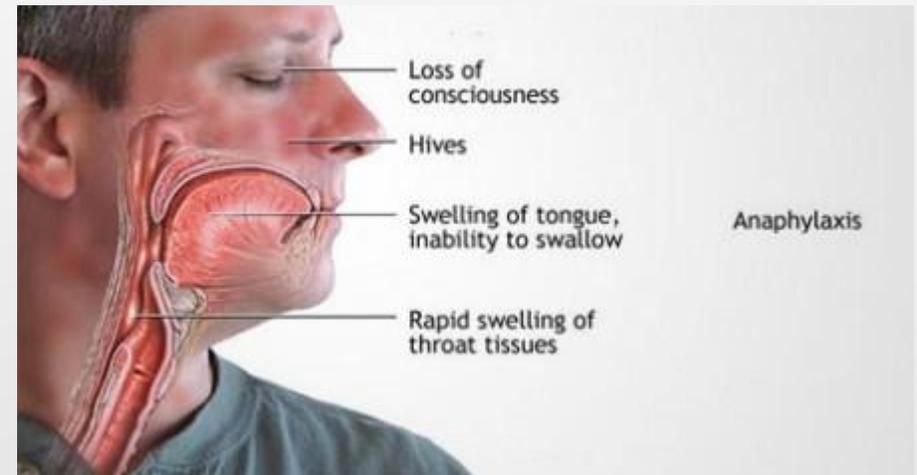
- Red Rash
- Itching
- Nasal Congestion
- Watery and Itchy Eyes
- Coughing and Sneezing

# How to treat a mild reaction in your classroom:

- **When a student has a MILD REACTION it is important that the school nurse is notified as soon as possible**
- **Bring the student to the nurses as soon as you notice any signs of a reaction, or think you notice a reaction. A further assessment will be completed by the nurse. If the nurse is unavailable call 911! Never hesitate to call 911!**
- **Never allow student to be alone, even during a mild reaction. Mild reactions can turn into severe reaction within seconds.**

# ANAPHYLAXIS

- Signs and Symptoms of Anaphylaxis
  - Large Hives on the Skin
  - Swollen throat or other areas of the body
  - Wheezing and trouble breathing
  - Red and swollen face
  - Fear of Impending death



Anaphylaxis is a serious life threatening allergic reaction. The body is reacting quickly to an allergen. Anaphylaxis is a medical emergency. Often several body systems are involved and lifesaving medication must be administered immediately.

# Do not allow these allergens in your classroom if one of your students has an allergy

1. Peanuts
2. Tree Nuts
3. Milk
4. Eggs
5. Wheat
6. Soy
7. Fish
8. Shellfish

- Example: Billy has a peanut allergy. Sam brings peanut butter crackers for a snack. Sam Opens the door and has peanut butter on his hands.

If Billy touches the door, there is potential for an allergic reaction. Possibly anaphylaxis.

# Other Life-threatening Allergens

## Insect Stings:

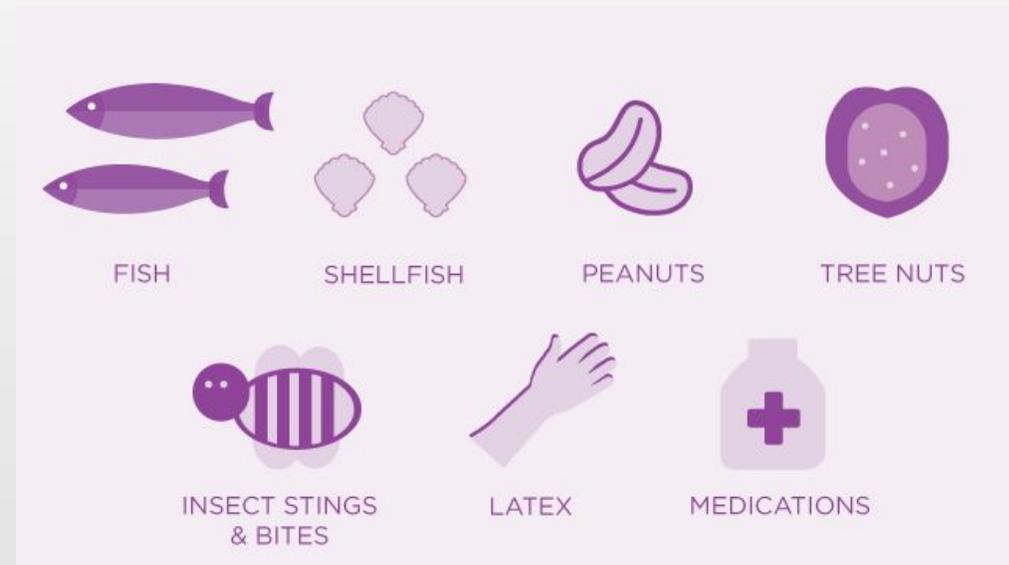
- The allergen from an insect sting is the venom
- Most serious reactions are caused by these 5



# Other Life-threatening Allergens

## Latex:

- Can be mild to severe
- Can be found in carpeting, toys, gloves, rubber bands, erasers, balloons and clothing



## Medications:

- Antibiotics, Aspirin, Ibuprofen

# EPIPEN TRAINING



# What is AN EPIPEN?

The EpiPen Auto Injector is a disposable, pre-filled automatic injection device that allows non-medical professionals to administer epinephrine in the event of a severe allergic reaction.

Epinephrine is a medication that can help decrease your body's allergic reaction by:

- Relaxing the muscles in your airway to make breathing easier
- Help reverse the rapid and dangerous decrease in blood pressure
- Relaxing the muscles in the stomach, intestines and bladder

# WHICH EPIPEN DO I USE?



# Regular EpiPen

- Yellow box and syringe
- For adults and children weighing 66 pounds or more
- Epinephrine 0.3 mg



# EpiPen JR

- Green box and syringe
- For children weighing 33 to 66 pounds
- Epinephrine 0.15 mg



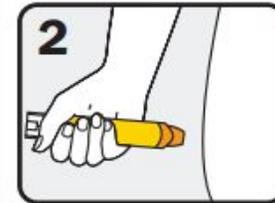
# EPIPEN usage is EASY

- Call 911
- Administer EpiPen into the thigh-over the clothes if needed
- Hold the pen in place for 3 seconds
- Never leave the person having the reaction alone.
- Assign someone to stay at their side until help arrives

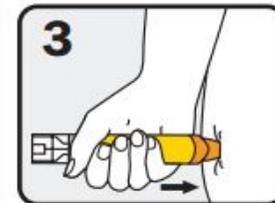
## How to give EpiPen®



Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE



Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)



PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds REMOVE EpiPen®

# FIELD TRIPS AND LOCATION OF EPIPENS:

- Please contact the school nurse the day before a scheduled field trip and you will be provided with a First Aid kit containing an EpiPen.
- Please return all EpiPens to the school nurse office as soon as you return to the school.
- Student specific EpiPens are located in the Nurse's office.
- Please note: If a parent discloses their child requires an epi-pen, they are responsible for providing the EpiPen. Notify the school nurse immediately.
- Stock EpiPens are located in the nurse's office on the counter in clear containers.

# REMEMBER:

- FCSD #2 is NOT a nut free school. You control the classroom environment according to student allergies.
- Know your student's allergies. We are all responsible for this.
- Communicate your classroom expectations regarding snacks in the classroom with parents and students.
- It is imperative all allergies are reported to me. I would rather hear information twice, than not at all. Many times I don't hear from the parents.
- Stop by if you have any further questions regarding allergies and the use of the EpiPen Auto Injector.
- If you have not used an EpiPen auto-injector, please stop in my office to use the demo injector.
- Complete the Quiz found [HERE](#).