

ALLERGY AWARENESS IN SCHOOLS

ADOPT A WHOLE-SCHOOL ALLERGY AWARENESS APPROACH

Allergies are common. Around 2-5% of children in the UK have a food allergy. Over 680,000 children in the UK suffer from at least one allergy.

What is an allergy? Allergies occur when the immune system overreacts to things like certain foods, pollen or dust.

What is anaphylaxis? Anaphylaxis is a severe reaction that can cause breathing problems, collapse and can be life threatening – acting fast can save a life.

A whole school approach means:

- Clear individual allergy plans
- Emergency medication (e.g. adrenaline auto injectors) kept in clearly marked, easy to find places
- Staff trained and pupils encouraged to get help quickly in an emergency



COMMON TRIGGERS & BASIC SYMPTOMS

Recognising the signs and knowing common triggers helps everyone act quickly.

Common allergy triggers:

- Foods (e.g. nuts, fish, eggs, dairy products)
- Insect stings
- Latex



Symptoms may include:

- Wheezing, chest tightness or shortness of breath
- Itchy or tingly eyes, ears, lips, mouth or throat
- Swollen lips, face or eyes
- Stomach pain, feeling sick, vomiting or diarrhoea
- Nettle rash (hives)

HOW TO TREAT ANAPHYLAXIS

Act fast – treat any serious allergic reaction as an emergency, even if the pupil has no known allergy.

- Stay with the person, call for help if needed
- Follow the pupil's **Allergy Action Plan** if they have one
- Lie the person flat with legs raised (if breathing is difficult, allow person to sit)
- Give their **Adrenaline Auto Injector (AAI)** immediately and all 999, saying "ana-fil-ax-is"
- If they have asthma symptoms, help the use their reliever inhaler as directed
- Pupils at risk should have two AAIs (and any inhalers) in school, clearly labelled and easy to find – never locked away



Pupils at-risk of an allergic reaction should have individual action plans with input from parents and health professionals.

Medication should be labelled and action plans accessible, not locked away.

In an emergency contact your schools allergy lead or first aider.

In a serious allergic reaction, follow pupil's plan, give adrenaline and call 999 immediately.

SCHOOL POLICY & WHO TO CONTACT

ALLERGY LEAD / FIRST AIDER: