

# Manager's Corner

## Recognizing and Reacting to an Allergic Reaction

### PROJECT COORDINATOR

Liz Dixon, MS

### EXECUTIVE DIRECTOR

Aleshia Hall-Campbell, PhD, MPH



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# **Institute of Child Nutrition**

## **The University of Mississippi**

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### **PURPOSE**

Improve the operation of child nutrition programs through research, education and training, and information dissemination.

### **VISION**

Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

### **MISSION**

Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

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## Professional Standards

### FOOD SAFETY AND HACCP TRAINING – 2600

**Employee will be able to effectively utilize all food safety program guidelines and health department regulations to ensure optimal food safety.**

2620 – Practice general food safety procedures.

2630 – Practice Federal, State, and local food safety regulations and guidance.

2640 – Promote a culture of food safety behaviors in the school community.

## Introduction

*Manager's Corner: Recognizing and Reacting to an Allergic Reaction* is designed for directors/managers to use in training their staff. Each lesson is roughly 15 minutes.

This resource is series one of a continuous set of training resources designed to give directors/managers an easy-to-use lesson plan for training staff in various topics.

*Manager's Corner: Recognizing and Reacting to an Allergic Reaction* provides a method for using and training with many of the Institute of Child Nutrition's resources.

Every lesson plan contains the following:

- learning objective,
- statement explaining the importance of the topic,
- list of materials,
- instructions on how to present the information,
- questions to ask staff, and
- additional resources to strengthen or refresh the knowledge of the director/manager.



## Recognizing and Reacting to an Allergic Reaction

**Objective:** Recognize the symptoms of an allergic reaction, and describe the steps that should be taken in response to an allergic reaction as detailed in the school nutrition program's food allergy management plan.

**Why it is important:** School nutrition employees should be able to identify the symptoms of an allergic reaction. This includes both physical symptoms as well as what a child describes they are feeling. School nutrition employees should be prepared to react to an allergic reaction emergency.

### Materials:

- Overview of Food Allergies Fact Sheet: [www.theicn.org/foodsafety](http://www.theicn.org/foodsafety)
- Food Allergy Symptoms Fact Sheet
- Food Allergy and Anaphylaxis Emergency Care Plan handout
- School's food allergy management plan

### Instructions:

Review the Food Allergy Symptoms Fact Sheet and explain the symptoms of an allergic reaction and how a child might describe it.

Review and explain the school's food allergy management policy on what to do during an allergic reaction. Ensure the staff are able call 911 if needed. Use the Food Allergy and Anaphylaxis Emergency Care Plan handout to help explain symptoms.

Ask provided questions and answer all staff questions when done.

### Questions for the staff:

- How are food allergies diagnosed?
  - **By a State licensed healthcare professional**
- What are symptoms of an allergic reaction?
  - **See Food Allergy Symptoms Fact Sheet**
- What is anaphylaxis reaction?
  - **A serious food allergic reaction that is rapid in onset and can cause death.**
- How are food allergies treated?
  - **Whatever the State licensed healthcare professional prescribes**
  - **Antihistamine**
  - **Epinephrine**
  - **Inhaler**
- Who can administer epinephrine?
  - **Personnel trained in administering epinephrine, for example a school nurse**

- Where is epinephrine stored in our schools?
  - **Refer to school's food allergy management plan.**
- When to call 911?
  - **A serious food allergic reaction is an EMERGENCY. Call 911. Do not hesitate when anaphylaxis is suspected. Notify the emergency medical service that anaphylaxis is suspected, so they will bring epinephrine.**
- What role would you play while encountering an allergic reaction?
  - **Refer to school's food allergy management plan.**
- What role would your co-workers play in the situation?
  - **Refer to school's food allergy management plan.**

**Additional Resources:**

- Managing Food Allergies: School Nutrition Directors Fact Sheet:  
[www.theicn.org/foodsafety](http://www.theicn.org/foodsafety)
- Managing Food Allergies School Nutrition Staff Fact Sheet:  
[www.theicn.org/foodsafety](http://www.theicn.org/foodsafety)
- Centers for Disease Control and Prevention, *Voluntary Guidelines for Managing Food Allergies In Schools and Early Care and Education Programs*:  
<https://www.cdc.gov/healthyschools/foodallergies/>



## **Food Allergy Symptoms Fact Sheet**

### **Symptoms of a Food Allergic Reaction**

One or more symptoms can occur and can be MILD to SEVERE. According to Food Allergy Research and Education (FARE), symptoms may include:

- Hives (reddish, swollen, itchy areas on the skin)
- Eczema (a persistent dry, itchy rash)
- Itchy, red rash
- Repetitive coughing
- Hoarse voice
- Nausea & vomiting
- Diarrhea
- Abdominal cramping
- Swelling
- Stomach pain
- Nasal congestion or a runny nose
- Sneezing
- Slight, dry cough
- Odd taste in mouth
- Trouble swallowing
- Shortness of breath
- Turning blue
- Drop in blood pressure (feeling faint, confused, weak, passing out)
- Loss of consciousness
- Chest pain
- A weak or “thready” pulse
- Sense of “impending doom”

### **What is anaphylaxis?**

A serious food allergic reaction that is rapid in onset and can cause death.

### **How might a child describe an allergic reaction?**

- This food is too spicy.
- My tongue is hot (or burning).
- It feels like something is poking my tongue.
- My tongue (or mouth) is tingling.
- My tongue (or mouth) itches.
- My mouth feels funny.
- There is a frog in my throat.
- There's something stuck in my throat.
- My lips feel tight.
- My throat feels thick.
- It feels like there is a bump on the back of my tongue.

**How are food allergies diagnosed?**

A State licensed healthcare professional can diagnose food allergies by using a variety of tests.

**What are the treatment methods?**

- Reactions should be treated according to the student's Food Allergy Action Plan/Emergency Care Plan.
- Epinephrine
- Antihistamine, if ordered by healthcare provider
- Inhaler (bronchodilator), if ordered by healthcare provider

**How to avoid an allergic reaction?**

Total avoidance of allergen food protein



**FARE**  
Food Allergy Research & Education

## FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

Allergy to: \_\_\_\_\_

Weight: \_\_\_\_\_ lbs. Asthma: ☐ Yes (higher risk for a severe reaction) ☐ No

PLACE  
PICTURE  
HERE

**NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. USE EPINEPHRINE.**

**Extremely reactive to the following allergens:** \_\_\_\_\_

**THEREFORE:**

☐ If checked, give epinephrine immediately if the allergen was **LIKELY** eaten, for **ANY** symptoms.

☐ If checked, give epinephrine immediately if the allergen was **DEFINITELY** eaten, even if no symptoms are apparent.

### FOR ANY OF THE FOLLOWING: **SEVERE SYMPTOMS**



#### **LUNG**

Shortness of breath, wheezing, repetitive cough



#### **HEART**

Pale or bluish skin, faintness, weak pulse, dizziness



#### **THROAT**

Tight or hoarse throat, trouble breathing or swallowing



#### **MOUTH**

Significant swelling of the tongue or lips



#### **SKIN**

Many hives over body, widespread redness



#### **GUT**

Repetitive vomiting, severe diarrhea



#### **OTHER**

Feeling something bad is about to happen, anxiety, confusion

**OR A COMBINATION**  
of symptoms  
from different  
body areas.

1. **INJECT EPINEPHRINE IMMEDIATELY.**
2. **Call 911.** Tell emergency dispatcher the person is having anaphylaxis and may need epinephrine when emergency responders arrive.
  - Consider giving additional medications following epinephrine:
    - » Antihistamine
    - » Inhaler (bronchodilator) if wheezing
  - Lay the person flat, raise legs and keep warm. If breathing is difficult or they are vomiting, let them sit up or lie on their side.
  - If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
  - Alert emergency contacts.
  - Transport patient to ER, even if symptoms resolve. Patient should remain in ER for at least 4 hours because symptoms may return.

### **MILD SYMPTOMS**



#### **NOSE**

Itchy or runny nose, sneezing



#### **MOUTH**

Itchy mouth



#### **SKIN**

A few hives, mild itch



#### **GUT**

Mild nausea or discomfort

**FOR MILD SYMPTOMS FROM MORE THAN ONE SYSTEM AREA, GIVE EPINEPHRINE.**

**FOR MILD SYMPTOMS FROM A SINGLE SYSTEM AREA, FOLLOW THE DIRECTIONS BELOW:**

1. Antihistamines may be given, if ordered by a healthcare provider.
2. Stay with the person; alert emergency contacts.
3. Watch closely for changes. If symptoms worsen, give epinephrine.

### **MEDICATIONS/DOSES**

Epinephrine Brand or Generic: \_\_\_\_\_

Epinephrine Dose: ☐ 0.15 mg IM ☐ 0.3 mg IM

Antihistamine Brand or Generic: \_\_\_\_\_

Antihistamine Dose: \_\_\_\_\_

Other (e.g., inhaler-bronchodilator if wheezing): \_\_\_\_\_

PATIENT OR PARENT/GUARDIAN AUTHORIZATION SIGNATURE

DATE

PHYSICIAN/HCP AUTHORIZATION SIGNATURE

DATE

FORM PROVIDED COURTESY OF FOOD ALLERGY RESEARCH & EDUCATION (FARE) (FOODALLERGY.ORG) 4/2017

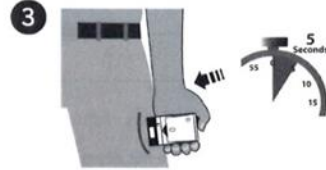


**FARE**  
Food Allergy Research & Education

## FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

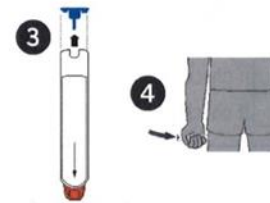
### HOW TO USE AUVI-Q® (EPINEPHRINE INJECTION, USP), KALEO

1. Remove Auvi-Q from the outer case.
2. Pull off red safety guard.
3. Place black end of Auvi-Q against the middle of the outer thigh.
4. Press firmly, and hold in place for 5 seconds.
5. Call 911 and get emergency medical help right away.



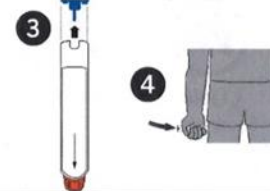
### HOW TO USE EPIPEN® AND EPIPEN JR® (EPINEPHRINE) AUTO-INJECTOR, MYLAN

1. Remove the EpiPen® or EpiPen Jr® Auto-Injector from the clear carrier tube.
2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward.
3. With your other hand, remove the blue safety release by pulling straight up.
4. Swing and push the auto-injector firmly into the middle of the outer thigh until it 'clicks'.
5. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
6. Remove and massage the injection area for 10 seconds.
7. Call 911 and get emergency medical help right away.



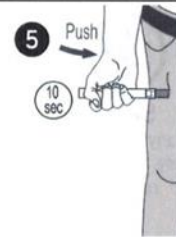
### HOW TO USE EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF EPIPEN®), USP AUTO-INJECTOR, MYLAN

1. Remove the epinephrine auto-injector from the clear carrier tube.
2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward.
3. With your other hand, remove the blue safety release by pulling straight up.
4. Swing and push the auto-injector firmly into the middle of the outer thigh until it 'clicks'.
5. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
6. Remove and massage the injection area for 10 seconds.
7. Call 911 and get emergency medical help right away.



### HOW TO USE IMPAX EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF ADRENAClick®), USP AUTO-INJECTOR, IMPAX LABORATORIES

1. Remove epinephrine auto-injector from its protective carrying case.
2. Pull off both blue end caps: you will now see a red tip.
3. Grasp the auto-injector in your fist with the red tip pointing downward.
4. Put the red tip against the middle of the outer thigh at a 90-degree angle, perpendicular to the thigh.
5. Press down hard and hold firmly against the thigh for approximately 10 seconds.
6. Remove and massage the area for 10 seconds.
7. Call 911 and get emergency medical help right away.



### ADMINISTRATION AND SAFETY INFORMATION FOR ALL AUTO-INJECTORS:

1. Do not put your thumb, fingers or hand over the tip of the auto-injector or inject into any body part other than mid-outer thigh. In case of accidental injection, go immediately to the nearest emergency room.
2. If administering to a young child, hold their leg firmly in place before and during injection to prevent injuries.
3. Epinephrine can be injected through clothing if needed.
4. Call 911 immediately after injection.

### OTHER DIRECTIONS/INFORMATION (may self-carry epinephrine, may self-administer epinephrine, etc.):

Treat the person before calling emergency contacts. The first signs of a reaction can be mild, but symptoms can worsen quickly.

#### EMERGENCY CONTACTS — CALL 911

RESCUE SQUAD: \_\_\_\_\_

DOCTOR: \_\_\_\_\_ PHONE: \_\_\_\_\_

PARENT/GUARDIAN: \_\_\_\_\_ PHONE: \_\_\_\_\_

#### OTHER EMERGENCY CONTACTS

NAME/RELATIONSHIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

NAME/RELATIONSHIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

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