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# ALLERGY & ANAPHYLAXIS POLICY

## 1.0 Rationale

In order to meet the duty of care obligations to ensure the health and wellbeing of all students attending *Our Lady of the Way*, the school recognises the importance of staff education and the implementation of an Allergy & Anaphylaxis policy.

Anaphylaxis is potentially life threatening and always requires an emergency response. The *Our Lady of the Way* Allergy & Anaphylaxis Policy has been developed to ensure that every reasonable effort is made to minimise the exposure of students at risk of an allergic reaction to known allergens within the school environment or whilst attending an official school excursion. The policy provides a guide for teachers to follow, outlining the steps to be taken in treating students suffering from an anaphylactic reaction. It also helps to ensure that parents provide teachers with updated, relevant information on each child's Action Plan for Anaphylaxis.

## 2.0 Aims

*Our Lady of the Way School* is committed to:

- 2.1 Making all staff aware of individuals that have anaphylaxis.
- 2.2 Providing, as far as reasonably practicable, a safe and supportive environment in which students at risk of anaphylaxis can participate equally in all activities.
- 2.3 Improving knowledge and raising awareness about anaphylaxis and the School's Allergy & Anaphylaxis Policy within the *Our Lady of the Way* community.
- 2.4 Engaging with parents/carer of children at risk of anaphylaxis in assessing risks and developing risk minimisation strategies for the child.

## 3.0 Implementation (SCHOOL & STAFF)

- Medications, with instructions clearly displayed, are to be kept in the school first aid room.
- Classroom teachers are to have a picture of the children at risk of anaphylaxis reaction, with the action plan, and a copy available for casual relief teachers.
- Where relevant, at the beginning of the year, all staff are to inform the parents in their class of the anaphylactic requirements in that class.
- Teachers will discourage the presence of allergens in the classroom.
- All staff are to be trained in the purpose and use of an EpiPen or Anapen alternate years, and revise the use of the EpiPen or Anapen each year by a trained nurse.

- The school will implement practical strategies to reduce exposure to known allergens by encourage a “No swapping, sharing or trading of food” practice in all areas of the school.
- The school will provide age-appropriate education of children, parents and staff with regard to severe food allergies.
- Classroom teachers will inform students in the class and display checklists of possible symptoms with diagrams to assist all children in identifying warning signs.
- The office staff will complete regular checks on the expiry date of the EpiPen or Anapen.
- An EpiPen or Anapen will be taken on all excursions.

#### **4.0 Implementation (PARENT/CARERS)**

- Students with anaphylaxis will be identified during the enrolment process.
- Parents of students with anaphylaxis will be made aware of the school’s Allergy & Anaphylaxis Policy.
- For those students identified to be at risk, parents must provide an ‘Action Plan for Anaphylaxis’, completed by and in consultation with the student’s doctor. This is reviewed annually and kept in the medication file.
- Parents provide their child’s additional medication and EpiPen or Anapen, clearly dated and in the original labelled container.

#### **5.0 Evaluation**

The principal, with delegated responsibility to the Leadership Team is responsible for the planning, implementation and review of this policy.

# Anaphylaxis First & Aid Information

## Common allergens for anaphylaxis

- foods (e.g. peanuts and nuts, shellfish and fish, milk and egg,)
- insect bites (e.g. bee, wasp, jumper ants)
- medications (e.g. antibiotics, aspirin)
- latex (e.g. rubber gloves, balloons, swimming caps).

A number of factors including exercise, hot weather and in the case of food allergens, the amount eaten, can influence the severity of an anaphylactic reaction. In the case of severe food allergies, an anaphylactic reaction can be triggered by ingestion, touch or smell of the food.

## Recognising Symptoms

A student at risk of anaphylaxis will often recognise the early symptoms of an allergic reaction before any other signs are observable.

Common symptoms are:

- flushing and/or swelling of the face
- itching and/or swelling of the lips, tongue or mouth
- itching and/or a sense of tightness in the throat, hoarseness, difficulty breathing and/or swallowing
- hives, itchy rash and/or swelling about the face, body or extremities
- nausea, abdominal cramps, vomiting
- shortness of breath, repetitive coughing and/or wheezing
- faint, rapid pulse, low blood pressure
- light headedness, feeling faint, collapse
- distress, anxiety and a sense of dread.

## Anaphylaxis Emergency Plan

In the case of a teacher identifying a child suffering an anaphylactic shock the following procedure will immediately be implemented either in the classroom, playground or external location.

1. The Australasian Society of Clinical Immunology and Allergy Inc. (ASCIA) action plan for anaphylaxis and the adrenaline auto-injector (an EpiPen or Anapen) should be brought to the student and the action plan followed.
2. If the EpiPen or Anapen should be administered, the time of administration should be noted.
3. If the student has been diagnosed with asthma as well as anaphylaxis and has been prescribed asthma reliever medication the EpiPen or Anapen should be administered before the student is given asthma reliever medication.
4. An ambulance should be called.
5. If the student gets worse or shows no signs of improvement after 5 minutes, a second EpiPen or Anapen should be administered to the student if available.
6. Another student's EpiPen or Anapen can be used for this purpose if required.

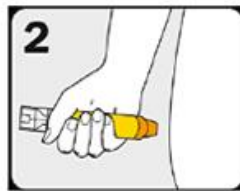
## Instructions For EpiPen Use



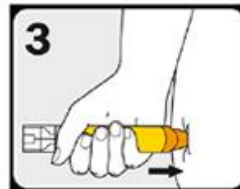
### How to give EpiPen®

(with blue safety release and orange needle end)

1. Form fist around EpiPen® and pull off BLUE SAFETY RELEASE.



2. Place ORANGE end against outer mid-thigh (with or without clothing).



3. PUSH DOWN HARD until a click is heard or felt and hold in place for 10 seconds

REMOVE EpiPen®. Massage injection site for 10 seconds

Translations of "ASCIA First Aid for Anaphylaxis" and "How to give EpiPen" were supported by an educational grant from Alphapharm.

ASCIA is the peak professional body of Clinical Immunologists and Allergists in Australia and New Zealand

Website: [www.allergy.org.au](http://www.allergy.org.au) ABN: 45 615 521 452 ASSN NO: A0021111T

4) Massage in the adrenaline. Apply firm pressure. There may be slight bleeding at the injection site.

5) Record on your hand the time the EpiPen was given.

6) Wait with child for ambulance to arrive.

## 6.0 Instructions For Anapen Use

### How to use Anapen®



PULL OFF BLACK NEEDLE SHIELD.



PULL OFF GREY SAFETY CAP from red button.



PLACE NEEDLE END FIRMLY against outer mid-thigh at 90° angle (with or without clothing).



PRESS RED BUTTON so it clicks and hold for 10 seconds. REMOVE Anapen® and DO NOT touch needle. Massage injection site for 10 seconds.

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