



# TOWN CLOSE SCHOOL

NORWICH'S FINEST PREP SCHOOL • FOR GIRLS & BOYS • 3-13 YEARS

## Appendix 1 - Dealing with Anaphylaxis

Anaphylaxis is an acute, severe allergic reaction requiring immediate medical attention. It usually occurs quickly following exposure to a certain food or substance, but on rare occasions may happen after a few hours.

Common triggers include peanuts, tree nuts, sesame, eggs, fish, certain fruits such as kiwi, and also penicillin, latex and the venom of stinging insects (such as bees, wasps and hornets).

The most severe form of allergic reaction is anaphylactic shock, when the blood pressure falls dramatically and the patient loses consciousness. Fortunately this is rare among young children. More commonly, there may be swelling in the throat, which can restrict the air supply, or severe asthma. Any symptoms affecting the breathing are serious.

Less severe symptoms may include tingling or itching in the mouth, hives anywhere on the body, generalised flushing of the skin or abdominal cramps, nausea and vomiting. Even where mild symptoms are present, the child should be watched carefully. They may be heralding the start of a more serious reaction.

### Medicine and control

The treatment for a severe allergic reaction is an injection of adrenaline (also known as epinephrine).

All staff are trained in the use of adrenaline auto-injectors. In cases of doubt, it is better to give the injection than to hold back. The AAI's in Prep Department are stored on a high shelf by the child's name and picture, in the First Aid room of the Dearneley Building. Each AAI box also contains the child's Care Plan.

There is a register of children who have an AAI. In September, or when a child joins the school, a new Care Plan is written and signed by parents. These Care Plans are then displayed in Staff Common Rooms. All teaching staff are aware of children with a Care Plan and an AAI.

Day to day policy measures are needed for food management, awareness of the child's needs in relation to the menu, individual meal requirements and snacks in schools. The Catering Manager is fully aware of the child's particular requirements. Details of any known food allergies is recorded on iSams.

Town Close is a 'Nut-aware' School. We cannot promise to be completely nut-free, although every appropriate step to minimise any risks to allergic children is taken.