

HEALTH MATTERS

Anaphylaxis

You will need to inform your school of any diagnosis of allergies, especially if this is an anaphylaxis reaction (severe life threatening allergy) so that a care plan can be put into place for you. You may already have a care plan written for school from your specialist nurse or GP this can be brought into school. Some training will be offered to school staff in how to manage and spot the signs of anaphylaxis.

Parents/Carers responsibilities

Make sure you have **two** auto injector pens (Epipen / Emerade / Jext) available in school. It may be possible for to carry one around with you. Make sure that the school are aware of this! A parent / carer may need to sign a consent form. Always tell an appropriate adult when you take this.

Ensure both of your auto injector pens are in date! Don't wait until this has expired to get a new one prescribed, think ahead.

All medication will need to be labelled with your name and date of birth by the pharmacists. Liquid or tablet antihistamines should also be labelled and kept by the school.

You will need to have your auto injector pen with you on any school trips, swimming, after school clubs and for sports; you will need to discuss this with you teacher

Attends all medical appointments.

Each school has a named school nurse who you can speak to if you have any worries.

Helpful resources

Allergy UK and the Anaphylaxis campaign provide lots of helpful resources to support you with your Allergy.

<https://www.allergyuk.org/information-and-advice/for-schools>

<https://www.anaphylaxis.org.uk/>

NHS resources

<https://www.nhs.uk/conditions/anaphylaxis/>