



## Safe Work Guideline Allergen Awareness & Anaphylaxis

**Prepared By:**  
Don Doherty

**Effective Date:**  
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**Revised By:**  
Don Doherty

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Please note- This information is not intended to replace the advice or care of a physician. Please seek the advice of a physician for diagnosis and treatment of allergic reactions.

### Allergens and Chemical Sensitivities

An allergen is a reaction to a protein, emitted by a plant or animal. These proteins cause an abnormal immune response, in which the body fights off a perceived threat that would normally be harmless to the body. These reactions are called Allergies. The bodies response to these allergens can vary widely from one person to another. Chemical sensitivities are reactions to synthetic compounds found in things like perfume, cologne, etc. These can produce reactions similar to allergens. As we strive to maintain a safe and caring environment, we cannot guarantee an allergen free environment in our schools. If you or your child has an allergy, please advise our staff as soon as possible. Please observe and obey all signs posted in our schools.

### Common Allergens and Chemical Reagents

- Animal products- such as dander, wool, fur
- Drugs- such as penicillin, morphine, aspirin
- Food- such as peanuts, wheat, seafood
- Insect stings- such as bees and wasps
- Hygiene products- such as soap, hair spray, deodorant, cologne
- Metals- such as nickel, chromium

### Symptoms

Some of the most common symptoms of allergies are:

- Flushed or pale face, hives, rash, itchy skin
- Swelling of the eyes, face, lips throat or tongue
- Coughing, wheezing or shortness of breath
- Stomach pain, diarrhea, vomiting
- Feeling anxious, weak, dizzy or faint
- Heart- pale/blue colour, weak pulse, passing out
- Other- anxiety, feeling of “impending doom”, headache, metallic taste in mouth

### Treatments

For help and diagnosis with your allergies, please seek the advice of a physician. Treatments can include the use of over the counter medications, antihistamines, nasal decongestants, Auto-injectors containing epinephrine. For mild reactions, most cases can be dealt with over the counter medications, or prescription medications. Anaphylaxis reactions are typically treated with the use of auto-injectors and the care of a physician. Please follow the instructions of the medications and the instructions given by a physician.



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### Emergency Treatment of Anaphylaxis Reactions

1. Assess the casualty. If reaction is severe, use an Auto-Injector (such as an EpiPen®) to administer Epinephrine.
2. Call 911 or your local emergency medical services and tell them that someone is having an anaphylactic reaction.
3. You can give a second dose of epinephrine as early as 5 minutes after the first dose if there is no improvement in symptoms.
4. Take them to the nearest hospital (preferably by ambulance), even if symptoms are mild or have stopped. The reaction could get worse or come back after using epinephrine. Typically, they should stay at the hospital for observation.
5. Contact the person's emergency contact (spouse, parent etc.) and inform them of what happened.

### Prevention of allergic reactions

East Central Catholic Schools strives to maintain a safe and caring environment to everyone in our schools. Unfortunately, we cannot guarantee an allergen free environment. To help us prevent an emergency due to allergies in our schools, please inform us about your or your child's allergy. If you or your child has been given medications to treat these allergies, please inform us of them. This information will be kept private, but will help us treat you or your child during an emergency.

There are a few steps that we can take to keep everyone safe

1. No sharing of food or treats
2. Washing hands with soap and water before and after eating
3. Restricting the allergens from the school and classrooms.
4. If you are intending on sending treats; whether they are store bought or homemade, please seek the advice of our staff about possible allergen restrictions.