



# Wilmslow High School

## Allergy Action Plan



**This child has the following allergies**  
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<b>Student's name</b>	<b>Date of birth</b>	<b>Tutor group</b>
<b>Student's address</b>		<b>Post code</b>
<b>Emergency contact numbers</b>		
<b>Name</b>	<b>Relationship to student</b>	<b>Telephone Number</b>

### In the event of a mild-moderate allergic reaction:

- Swollen lips, face or eyes
- Itchy / tingling mouth
- Hives or itchy skin rash
- Abdominal pain or vomiting
- Sudden change in behaviour

#### ACTION:

- Stay with the child, call for help if necessary
- **Give antihistamine:** *state drug and dose* \_\_\_\_\_
- (if vomited, can repeat dose)
- Contact parent/carer

### Watch for signs of anaphylaxis

**AIRWAY:** Persistent cough, hoarse voice, difficulty swallowing, swollen tongue

**BREATHING:** Difficult or noisy breathing, wheeze or persistent cough

**CONSCIOUSNESS:** Persistent dizziness / pale or floppy suddenly sleepy, collapse, unconscious

**If ANY ONE** of these signs are present:

1. Lie child flat. If breathing is difficult, allow to sit
2. **Give Jext**    *Dose prescribed*                      **150 mcg**                      **300mcg**                      *delete as appropriate*
3. Dial 999 for an ambulance\* and say ANAPHYLAXIS ("ANA-FIL-AX-IS")
4. **If in doubt, give Jext**
5. Stay with child, contact parent/carer
6. If no improvement after 5 minutes, give further Jext
7. Commence CPR if there are no signs of life

\*You can dial 999 from any phone, even if there is no credit left on a mobile. Medical observation in hospital is recommended after anaphylaxis.



## PARENTAL CONSENT

I hereby authorise school staff to administer the medicines listed on this plan, including a 'spare' back-up adrenaline autoinjector (AAI) if available, in accordance with Department of Health Guidance on the use of AAI in schools.

**Signed** *(Parent/Carer)* .....

**Print name:**.....

**Date:**.....



### Instructions for use

- Grasp the Jext injector in your dominant hand (the one you use to write with) with your thumb closest to the yellow cap.
- Pull off the yellow cap with your other hand.
- Place the black injector tip against your outer thigh, holding the injector at a right angle (approx 90°) to the thigh.
- Push the black tip firmly into your outer thigh until you hear a 'click' confirming the injection has started, then keep it pushed in. Hold the injector firmly in place against the thigh for 10 seconds (a slow count to 10) then remove. The black tip will extend automatically and hide the needle.
- Massage the injection area for 10 seconds. Seek immediate medical help.
- Call 999, ask for an ambulance and say "anaphylaxis". If you are unable to make the call, get someone else to call for you.
- If no better after 5 minutes administer second Jext