



ANAPHYLAXIS

(Senior and Junior Schools)

- **Anaphylaxis** is a potentially life threatening, severe, allergic reaction needing immediate medical attention. It usually occurs within seconds or minutes of exposure to certain foods or substances.
- It is a serious but manageable condition.
- The school recognises that good communication and partnership between governors, parents, teachers, doctors and pupils will enable a pupil at risk of anaphylaxis to participate fully in all aspects of school life.
- The school aims to provide effective support for pupils at risk.
- An agreed health care plan for each pupil at risk will help allay concerns by parents, pupils and staff and minimise risks by reassuring them that prompt and effective action will be taken in accordance with medical advice.
- The school is aware of the need for effective care to be balanced with sensitivity. Pupils at risk will be monitored discreetly so school life may continue as normal for all concerned.

Mild Allergic Reaction

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

Action:

- Stay with the child and call for help if necessary
- Locate AAI
- Give antihistamine according to the child's Allergy Action Plan

- Contact parents/emergency contact

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
- Becoming pale or floppy
- Suddenly sleepy, collapse, unconscious
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If ANY ONE (OR MORE) OF THESE SIGNS ARE PRESENT:

ACTION:

- Lay the child flat, with legs raised (if breathing is difficult, allow the child to sit)
- Use Adrenaline Auto injector without delay
- Dial 999 to request ambulance, stating ANAPHYLAXIS
- Keep the used adrenaline pen to be handed safely to the ambulance crew, taking care to avoid needle stick injuries. Make a note of the time the Adrenaline was administered.

After giving Adrenaline:

1. Stay with the child until ambulance arrives, do NOT stand the child up.
2. Commence CPR if there are no signs of life.
3. Phone parent/emergency contact
4. If no improvement after 5 minutes, give a further dose of adrenaline using another AAI, if available.

IN SCHOOL

- A list of pupils at risk is displayed on notice boards in the staff room, School office and sports field with photographs for identification.
- Staff should be aware of the condition and have information on emergency treatment, via Schoolbase.
- Pupils prescribed adrenaline should carry their medication at all times, ensuring it is in-date.
- We ask parents to supply a spare adrenaline pen (e.g epipen), to be stored safely in the well being centre.
- Staff should know where the medication is stored.
- Staff should be regularly updated on the use of adrenaline pens, this is done via staff inset and is either in person or online. The school nurses provide refresher training where it is required.
- Arrangements for outdoor activities and school trips should be discussed in advance by the school with the parents and staff.
- The school will be aware of possible trigger situations in school and manage them appropriately. These include avoidance of known allergens where possible or use appropriate signage to indicate possible allergens.
- Refresher sessions of how to use an AAI are offered to all staff responsible for those pupils at risk of Anaphylaxis

RESPONSIBILITY OF PARENTS

- Inform the school if their child has a severe/potential severe allergy before entry to the school to ensure continuity of care and support, via Schoolbase and medical consent form.
- Inform the school of the emergency medication the pupil requires. It is the parent's responsibility that their child carries their in date Adrenaline pen on them at all times.
- Inform the school of any changes in medication and to update the pupil's Schoolbase account.

- Provide spare medication to be kept at school. This should be in-date, labelled clearly with name and instructions for use.
- Ensure emergency medication carried by their child and kept at school, is within its expiry date.
- Be vigilant about keeping contact numbers up to date.
- Advise the catering manager of special dietary requirements. Parents are encouraged to meet with the catering manager to discuss pupil's needs.
- During residential trips, pupils must carry their adrenaline pen with them at all times.

Storage of AAI'S

All AAI's are kept in an unlocked cupboard in the treatment room within the Well being centre.

All parents are required to supply a spare AAI to the school nurse, these are stored in orange individual containers, clearly labelled with the pupil's name visible, and include the pupils Individual Allergy Action Plan.

The school Nurse will alert parents when the expiry date is approaching. It is the responsibility of the parents to then supply a new in date AAI. When pupils who carry an AAI go off site for a school trip, the member of staff attending will take the pupil's spare AAI with them. This is logged and monitored via a "signing In and Out system" with the school Nurse and appropriate staff.

School Spare AAI's

Schools may administer their "spare" adrenaline auto-injector (AAI), obtained, without prescription, for use in emergencies, if available, but only to a pupil at risk of anaphylaxis, where both medical authorisation and parental consent for use of the spare AAI has been provided. The school's spare AAI can be administered to a pupil whose own prescribed AAI cannot be administered correctly without delay. AAI's can be used through clothes and should be injected into the upper outer thigh in line with the instructions provided by the manufacturer. If someone appears to be having a severe allergic reaction (anaphylaxis), you MUST call 999 without delay, even if they have already used their own AAI device, or a spare AAI. In the event of a possible severe allergic reaction in a pupil who does not meet these

criteria, emergency services (999) should be contacted and advice sought from them as to whether administration of the spare emergency AAI is appropriate.

This is line with current “Guidance on the use of adrenaline auto-injectors in Schools” Department of Health 2017:
Full guidance available [here](#)

For more information:
School nurse: healthcentre@qehbristol.co.uk

REVIEW:

Date policy updated	31 August 2025
Date policy to be reviewed by	30 September 2026 or earlier if required
Policy Owner	School Nurse