

Anaphylaxis & Food Allergy – Summary

Anaphylaxis (Severe Allergic Reaction)

- **Anaphylaxis** is a **sudden, life-threatening allergic reaction**, often triggered by:
 - Certain **foods**
 - **Insect stings**
 - **Medications**
 - **Latex**
 - Sometimes, even **exercise**
- **Symptoms may include:**
 - Breathing difficulties
 - Drop in blood pressure or shock
- **Emergency Treatment:**
 - Epinephrine via auto-injector (e.g., **EpiPen®**, **EpiPen Jr®**, **Auvi-Q®**)
- **Self-Carry Policy (High School Students):**
 - Students **may carry and self-administer** epinephrine **if:**
 - A physician or licensed healthcare provider **authorizes the medication and self-administration**
 - The student demonstrates the proper use to the provider and **school Health**
- **Parent Responsibilities:**
 - Notify during the Enrollment and Re Enrollment period
 - School Health Department
 - Provide a **personal supply** of emergency medication to the **school health**

Food Allergy Management

See Allergy Form- must be completed by physician or licensed healthcare provider and parent.