Life-Threatening Allergy Symptoms
A Guide for School Staff

Does the student have a known allergy?
Was the student exposed to something that he or she is allergic to?
Could the student be experiencing a first allergic reaction or reacting to hidden allergens?

Symptoms (may be severe or in combination):

Trouble breathing
Hoarse voice
Diarrhea/crampy pain
Hives or swelling
Nausea/vomiting
Dizziness/fainting
Tightness of the throat
Abdominal pain
Feeling of doom/confusion

If you identify a student who has symptoms of a life-threatening allergy – provide emergency care, including an epinephrine auto-injector IMMEDIATELY.

Do not delay treatment. Get help.
If a school nurse is not available, call 911.
Do not leave the student alone.

Asthma Symptoms
A Guide for School Staff

- **Wheezing** a scratchy or whistling sound when breathing
- **Shortness of breath or rapid breathing** possibly associated with exercise
- **Chest tightness or pain**
- **Fatigue** student may stop playing or avoid activity
- **Coughing** may be continual and happen often – made worse by colds, exercise and cold air (may report difficulty sleeping because of cough)

If you identify a student with asthma symptoms, ask first if the student has used their quick-relief inhaler (albuterol).
If not, the student should use it right away.

*If symptoms do not respond to medication within ~10 minutes or if no medication is available,*

*have someone accompany the student to the school nurse or call 911.*

*Do not send the student alone, as symptoms can sometimes get worse very quickly.*