

Mild to moderate allergic reactions

A suggestion for implementing the strategy
'Recognise and respond to allergic reactions'
from the Guide: [Allergies and learning](#)

Includes:

- Causes of allergic reactions
- Symptoms of mild to moderate reactions
- Recognise food allergy symptoms
- Recognise and respond to food allergies
- Steps for responding
- Useful resources

Inclusive Education

From

Guide: [Allergies and learning](#)

Strategy: [Recognise and respond to allergic reactions](#)

Suggestion: [Mild to moderate allergic reactions](#)

Date

17 April 2024

Link

inclusive.tki.org.nz/guides/allergies-and-learning/mild-to-moderate-allergic-reactions

Causes of allergic reactions



Source:

[AllergicChild](http://home.allergicchild.com/allergies/)

<http://home.allergicchild.com/allergies/>

[View full image \(28 KB\)](#)

Inclusive Education

From

Guide: [Allergies and learning](#)

Strategy: [Recognise and respond to allergic reactions](#)

Suggestion: [Mild to moderate allergic reactions](#)

Date

17 April 2024

Link

inclusive.tki.org.nz/guides/allergies-and-learning/mild-to-moderate-allergic-reactions

Symptoms of mild to moderate reactions

Most allergic reactions are mild to moderate and do not cause major problems, though they may be a source of irritation and discomfort.

Symptoms of a mild allergic reaction to dust mites, pollen, mould spores, or cat and dog dander can include:

- hives (itchy red spots on the skin)
- itching
- nasal congestion
- a rash
- scratchy throat
- watery or itchy eyes.

Inclusive Education

From

Guide: [Allergies and learning](#)

Strategy: [Recognise and respond to allergic reactions](#)

Suggestion: [Mild to moderate allergic reactions](#)

Date

17 April 2024

Link

inclusive.tki.org.nz/guides/allergies-and-learning/mild-to-moderate-allergic-reactions

Recognise food allergy symptoms



Source:

Megan

<https://flic.kr/p/5k4h8a>

[View full image \(2.1 MB\)](#)

Inclusive Education

From

Guide: [Allergies and learning](#)

Strategy: [Recognise and respond to allergic reactions](#)

Suggestion: [Mild to moderate allergic reactions](#)

Date

17 April 2024

Link

inclusive.tki.org.nz/guides/allergies-and-learning/mild-to-moderate-allergic-reactions

Recognise and respond to food allergies

This short animation explains how to recognise and respond to the signs and symptoms of a mild-to-moderate food allergic reaction.



Video hosted on Youtube <http://youtu.be/e19iGP33YNA>

No captions or transcript

Inclusive Education

From

Guide: [Allergies and learning](#)

Strategy: [Recognise and respond to allergic reactions](#)

Suggestion: [Mild to moderate allergic reactions](#)

Date

17 April 2024

Link

inclusive.tki.org.nz/guides/allergies-and-learning/mild-to-moderate-allergic-reactions

Steps for responding

Most reactions occur quickly after ingestion or contact with an allergen.

- 1 Stay with the young person.
- 2 Follow the young person's Allergy or Anaphylaxis Action Plan, if they have one.
- 3 Give any prescribed medication or treatment.
- 4 Observe the young person closely for any change in condition, particularly their breathing for indications of a more serious reaction.
- 5 Mild-to-moderate allergic reactions, which can be caused by foods, insect venom, or latex need to be monitored in case the reaction progresses to severe (anaphylaxis).
- 6 Seek medical help if concerned.
- 7 Contact family, whānau, or carer.
- 8 Identify the cause of the reaction and remove, if possible.
- 9 If possible, share the cause of the reaction with whānau and health professionals.
- 10 Allow the young person time to recover in a quiet area.
- 11 Report and record the reaction on the school medical register.
- 12 Review the incident to address potential safety issues.

[Inclusive Education](#)

From

Guide: [Allergies and learning](#)

Strategy: [Recognise and respond to allergic reactions](#)

Suggestion: [Mild to moderate allergic reactions](#)

Date

17 April 2024

Link

inclusive.tki.org.nz/guides/allergies-and-learning/mild-to-moderate-allergic-reactions

Useful resources



Allergy and Anaphylaxis Guidelines for Schools and Kura

Read time: 37 min

Guidelines to support school leadership, management, and teachers throughout New Zealand to manage allergies and anaphylaxis.

[Visit website](#)



What is allergy?

Definition of an allergy and an explanation of what happens during an allergic reaction and the areas of the body that may be affected.

Publisher: Australasian Society of Clinical Immunology and Allergy

[Visit website](#)



How to be allergy aware: Information for school students

Read time: 2 min

This information sheet for students supports awareness and understanding of allergies. This information is valuable for teachers.

Publisher: Australasian Society of Clinical Immunology and Allergy

[Download PDF](#)

This information was downloaded/printed from the Ministry of Education's website "Inclusive Education". Except where otherwise noted it is Crown Copyright 2018.

Information on the Inclusive Education website is regularly updated so we recommend you check the website version of this information to ensure it remains current.