

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.

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