At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

# What Parents & Educators Need to Know about

# ALLERGIES & ANAPHYLAXIS

An allergy is an overreaction of the immune system to a food or substance that's usually harmless. Symptoms can be mild, but for some people they can be very serious. This is known as anaphylaxis.

**HOW TO SAY ANAPHYLAXIS: ANA-FIL-AX-IS**

## ALLERGIES AND ANAPHYLAXIS

- Mild allergy symptoms are treated with antihistamines.
- Anaphylaxis is treated with adrenaline, which is administered via an adrenaline device, injected into the outer upper thigh or using a nasal device.
- Anaphylaxis is a medical emergency and a threat to life.

## ANAPHYLAXIS SYMPTOMS

### AIRWAY

Symptoms include swelling in the throat, tongue or upper airways; tightening of the throat; a hoarse voice; and difficulty swallowing.

### BREATHING

Symptoms include persistent cough; sudden onset of wheezing; breathing difficulty; and noisy breathing.

### CIRCULATION

Symptoms include pale and clammy skin; dizziness; feeling faint; sudden sleepiness; tiredness; confusion; and loss of consciousness.

In extreme cases of anaphylaxis, there could be a dramatic fall in the patient's blood pressure. The patient may become weak and floppy, and have a sense of something terrible happening. Any of the ABC symptoms listed above may lead to collapse and unconsciousness and, on rare occasions, be fatal.

## WHAT ADRENALINE DOES

Adrenaline reduces swelling, opens the patient's airways and raises their blood pressure. Patients must go to hospital for monitoring, as the reaction could return.

## TOP 14 FOOD ALLERGENS:

(However, be aware people can be allergic to anything. )

## NON-FOOD ALLERGENS:

## LINKS TO FURTHER RESOURCES - Scan the QR codes to find out more

AllergyWise®

EpiPen

Jext

ADRENALINE AND AADs

## Meet Our Expert

Anaphylaxis UK is the only UK-wide charity operating solely for the growing numbers of people at risk of serious allergic reactions and anaphylaxis. While there's no treatment or cure for anaphylaxis, we believe that by providing information, training and support, there's a brighter future for people living with serious allergies.

anaphylaxis UK

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