

## **School Nurse's Advice re Anaphylaxis**

### **What is Anaphylaxis?**

Anaphylaxis is a severe and potentially life threatening allergic reaction affecting more than one body system such as the airways, heart, circulation, gut and skin. Symptoms can begin within seconds of exposure to the substance and progress rapidly; occasionally the onset of symptoms will not be seen for several hours.

Common Causes of Anaphylaxis include peanuts, tree nuts, milk, eggs, shellfish, fish, sesame seeds and kiwi fruit, although other foods have been known triggers. Non-food causes may include wasp or bee stings, natural latex and certain drugs.

### **Nut bans.**

School-aged children need to be prepared to understand a real world environment. In considering a nut ban, caution is taken to minimise the risk to the child and not impact further on others.

Education of staff, catering personnel, parents and learners on how to manage food allergies is thought to be the most effective approach. All staff in Ulverston Victoria High School are educated to recognise and respond to an anaphylactic reaction and summon assistance, following Anaphylaxis Council best practice guidance.

When the school is notified of a learner with an airborne nut allergy risk and the potential for an immediately life threatening anaphylactic reaction, the school need to show that in all circumstances measures are in place to minimise this risk, including prohibition and removal of all nuts and nut products from the school site.

Ulverston Victoria High School do not use nut oils in any lessons, nuts and nut products are not used within any catering options and nuts have been prohibited within the Dining Halls and all eating spaces. Lunch boxes must not contain nuts or nut products.