



Supporting people at risk of severe allergies

ALLERGY  
AWARENESS  
2018

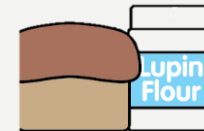
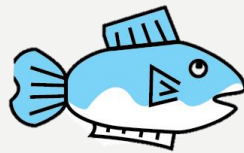
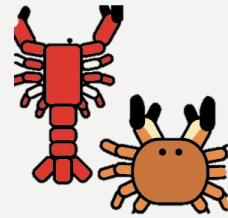
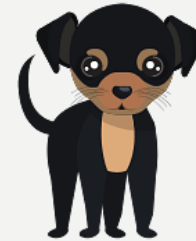
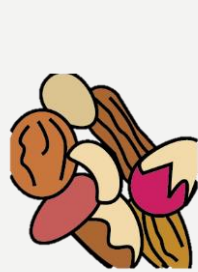
MARTHA MCMAHON (IA6) AND HOLLY EDGAR (6A1)

# WHAT IS AN ALLERGY?

- An allergy is an over reaction of your immune system to usually harmless substances
- Allergens can be found anywhere



# COMMON ALLERGIES



WHICH OF  
THESE MAY  
CONTAIN  
EGGS?



# ALLERGIC REACTION

- An allergic reaction happens when the person who has the allergy has been exposed to it
- The body thinks it is fighting a germ so it over reacts causing severe symptoms

## **Signs of a severe reaction**

- Difficulty breathing – noisy breathing, wheeze, persistence cough
- Swollen face and eyes
- Flushing of the skin
- Feeling sick and dizzy
- Stomach pain
- An allergic reaction can become serious very quickly

# MEDICATION

- When an allergic reaction occurs, it is important to get help quickly.
- An adult will know what to do, how to help and what medicine to give.

There are two types of medicine

- For mild reactions: antihistamine
- For severe reactions: Adrenaline Auto-Injector (EpiPen<sup>®</sup>, Jext<sup>®</sup> or Emerade<sup>®</sup>)



# GETTING HELP QUICKLY CAN SAVE A LIFE

- In school – get a teacher IMMEDIATELY
- Out of school – If adults are not around don't delay in dialling 999 and say anaphylaxis.
- Do not move the person.
- Do not leave them alone.
- Help find their kit.

# HOW TO USE AN ADRENALINE AUTO INJECTOR

- Locate the medication
- Position the casualty (sat upright or lay down with their legs elevated)
- Check injection site (ensure there are no zips, buckles or anything that will get in the way)
- Follow the instructions on the adrenaline auto-injector
- If someone was lying down with feet up they should stay in that position until the paramedics arrive – never stand or sit up even if feeling better.



# DEMONSTRATION



- There are three different types of injectors for allergies; epipens, jext and emerade.
- We are going to show you how to use an epipen but please read the instructions on the pen, it might be different.
- The person who is having the allergic reaction probably will be able to give their own pen but they might need help.

# WHAT DOES IT FEEL LIKE TO HAVE AN ALLERGY?

- Someone with an allergy has to be more aware than others
- Some situations might be more difficult for someone with an allergy



# LEO'S STORY



# TEASING

- Some people think it's funny to tease people about their allergy.
- This can anything from laughing at them to throwing food that they are allergic to at them
- The effect on people can be hurtful or throwing these foods can even cause them to have a severe life threatening allergic reaction.

**IS IT STILL FUNNY ?**

THINK ABOUT LEO

# WHAT YOU CAN DO TO HELP

- Good hygiene – wash hands
- Help make sure your friends with allergies are safe
- Ask your friend about their allergy and be understanding
- Don't share your lunch or snacks
- Know the signs of an allergic reaction and get help if you spot them
- Help your friend to remember to take their kit, this could save their life!

# ALLERGIES ARE HIDDEN

Can you spot which child has an allergy?

5-8% of people have allergies so there could be up to 90 people in this school that have a severe allergy or even more.





Supporting people at risk of severe allergies

The Anaphylaxis Campaign is the only UK wide charity solely focused on supporting people at risk of severe allergic reactions.

Visit our website <https://www.anaphylaxis.org.uk/> or find us on

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