

Allergies

Student Name:	DOB:
Parent Name:	Number:
Practitioner Name:	Practitioner Number:
Allergies:	Medication:

SEE NURSE OFFICE FOR Allergy Action Plan

Overview

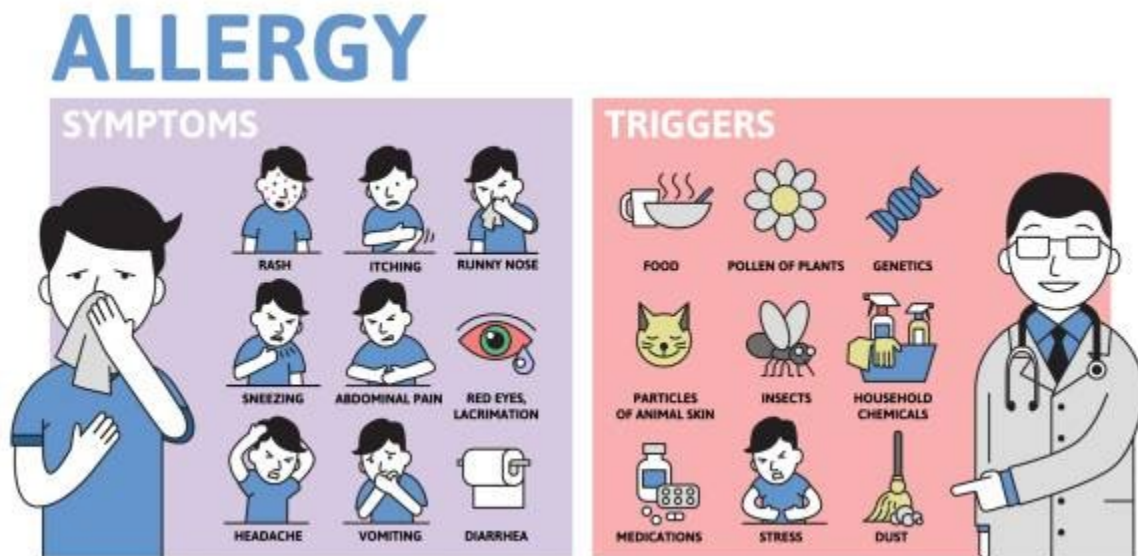
Allergies occur when your immune system reacts to an “allergen” — a usually-harmless foreign substance such as dust, pollen, pet dander, or food. Your immune system responds to these allergens by trying to fight them off like a germ or virus, which causes physical symptoms such as sneezing, itching, hives, shortness of breath, and more. These physical symptoms can range from mild symptoms like sneezing or itching to anaphylaxis, a severe, life-threatening reaction. (*Allergies 101*, 2022)

Symptoms

Symptoms of an allergic reaction may involve the skin, the gastrointestinal tract, the cardiovascular system, and the respiratory tract. They can surface in one or more of the following ways:

- Vomiting and/or stomach cramps
- Hives
- Shortness of breath
- Wheezing
- Repetitive cough

- Shock or circulatory collapse
- Tight, hoarse throat; trouble swallowing
- Swelling of the tongue, affecting the ability to talk or breathe
- Weak pulse
- Pale or blue coloring of skin
- Dizziness or feeling faint
- Anaphylaxis, a potentially life-threatening reaction that can impair breathing and send the body into shock; reactions may simultaneously affect different parts of the body (for example, a stomachache accompanied by a rash). (*Food Allergies | Causes, Symptoms & Treatment, 2022*)



(Good_Stock, 2018)

Accommodations:

Created By:

Name:	Title:	Date:
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I have read and acknowledge:

Name:	Title:	Date:
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Reference

Allergies 101. (2022, April 13). ACAAI Public Website.

<https://acaai.org/allergies/allergies-101/>

Food Allergies | Causes, Symptoms & Treatment. (2022, November 7). ACAAI Public Website. <https://acaai.org/allergies/allergic-conditions/food/>

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