



Lake Forest School District 67

MEDICAL ALERT FOR TEACHERS AND SUBSTITUTES **FOOD ALLERGY**

***Confidential**

Student: _____

This student has a life-threatening allergy to: _____

This student has an “Emergency Action Plan” on file.

To ensure this student’s safety, please follow these instructions:

- If you have recently eaten, please wash your hands with soap and water.
- No food allergy causing foods are allowed in the classroom.
- Students are not allowed to share food.
- Staff and children are to wash with soap and water after eating.

EMERGENCY INSTRUCTIONS

- **IF AN ALLERFIC REACTION OR INGESTION OF ALLERGEN IS SUSPECTED, CALL THE OFFICE IMMEDIATELY**
- Trained school staff must administer emergency medications immediately.

SIGNS AND SYMPTOMS OF AN ALLERGIC REACTION: **MAY INCLUDE ANY OF THE FOLLOWING:**

MILD SYMPTOMS*:

- **MILD SKIN REACTIONS** – Hives only in the areas of food contact, itching and swelling only around the face or lips.

SERIOUS SYMPTOMS:

- **SKIN** – Wide spread hives and flushing, widespread swellings
 - **MOUTH** – Swelling of the tongue
 - **THROAT** – Itching, tightness in the throat, hoarseness, hacking cough
 - **GUT** – Vomiting, nausea, cramps, diarrhea
 - **LUNGS** – Repetitive coughing, wheezing, trouble breathing
 - **HEART** – Rapid heart rate, lightheadedness and dizziness
- **CALL 9-911 IF ANY SERIOUS SYMPTOMS ARE NOTICED – THE SEVERITY OF SYMPTOMS CAN QUICKLY CHANGE**

ALL ABOVE SYMPTOMS CAN POTENTIALLY PROGRESS TO A LIFE THREATENING SITUATION.

* This medical information can be shared with staff “who need to know”.