

**MEDICAL ALERT FOR: SUBSTITUTE TEACHERS**  
**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 ALLERGIC 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 swellings 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 9-9-11 IF ANY SERIOUS SYMPTOMS 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”**