



Lockport Township High School District 205  
**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 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 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 7-911 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".**