



# UPDATE on ALLERGENS



Nuts can cause severe allergic reactions in a wide range of ways. A child with an allergy does not have to eat nuts to have a severe reaction; **this can be caused by surface contact and airborne particles.**

As a school, we have a responsibility to keep our pupils, staff and visitors safe and to reduce risk of harm. Therefore, we do not accept any gifts for staff or children may contain nuts. These include the following:



We understand that some parents may want to bring in treats for their child's class. Please **DO NOT** bring in home made cakes or products that contain nuts.



Please **ONLY** bring in treats that do not contain nuts or other allergens such as gelatine.



## Be Allergy Aware & Save a Life

anaphylaxis UK

Anaphylaxis is a serious reaction to allergens such as food, insect stings, medication & latex. The body thinks it's fighting something which shouldn't be there and sends out special chemicals to fight back.



People may experience mild or moderate symptoms including:

- > Itchy skin rash
- > Itchy/tingling mouth
- > Swelling of lips, face or eyes
- > Tummy pain or vomiting

What are the signs of a severe allergic reaction?

- > Hard to swallow / coughing
- > Difficult to breathe / noisy breathing
- > Feeling dizzy, floppy or sleepy

1. An allergic reaction can become serious quickly, so a special adrenaline pen must be used immediately
2. Then call 999 and tell them the person is suffering from anaphylaxis (ana-fil-axis)



For more information please see:

<https://www.anaphylaxis.org.uk/>

<https://www.food.gov.uk/>

<https://www.nhs.uk/conditions/allergies/>

<https://www.nhsinform.scot/illnesses-and-conditions/immune-system/allergies/>