

DIABETES

Escort student to Health Room or call for Health Room Staff for any of the following **symptoms of low blood sugar**:

*Shaking *Sweating *Confusion *Irritability *Dizziness

*Stay with the student

*Give a quick acting sugar, such as juice or life savers

Health Room Staff will call 911 if the student:

*Is incoherent or passes out

*Has a seizure (proceed with seizure precautions)

SEVERE ALLERGY

Escort student to Health Room or call for Health Room Staff for any of the following **symptoms of severe allergy**:

*Itching, tingling, or swelling of lips, mouth, or tongue

*Hives *Rash *Nausea *Cramps *Vomiting/diarrhea

*Tightening of throat *Hoarseness *Hacking cough *Wheezing

*Shortness of breath

**If the student has symptoms of a severe reaction
administer EpiPen & call for Health Room Staff.**

Health Room Staff will call 911.

Severe allergic reactions may be triggered by asthma, an insect bite, a drug allergy or a food allergy.

ASTHMA

Escort student to Health Room or call for Health Room Staff for any of the following **symptoms of an asthma attack**:

*Coughing *Wheezing *Chest tightness *Shortness of breath

*Reassure student and attempt to keep him/her calm and breathing slowly and deeply (in through the nose, out through the mouth)

*If student has inhaler, have student use inhaler, inhaling slowly and fully.

Health Room Staff will call 911 if the student:

*Is unable to speak in complete sentences

*Has blue lips or nails

*Demonstrates severe retractions and/or nasal flaring

*Is severely restless / anxious / panicked

*Shows no improvement after 15 minutes

SEIZURE

*Stay calm.

*Note the time seizure began and the symptoms.

*Ease student to the floor and if possible, turn on side & provide privacy.

*Do not put anything in student's mouth. Do not restrain student.

*Summon the Health Room Staff.

Health Room Staff will call 911 if the student:

*Has no previous history of seizures

*Seizure does not stop within 5 minutes

*Stops breathing (start CPR)

*Is pregnant or diabetic

*Hits head during seizure or fall