Allergic Reactions

Description/Introduction
A person can have an allergy to almost anything. Common allergies include allergies to bee stings, certain foods (like nuts or shellfish), animal dander, plant pollen, certain medications (like penicillin and antibiotic ointments) and latex (found in some protective gloves). An allergic reaction can range from mild to very severe.

What to Look For

For a mild reaction:
- A skin rash
- A stuffy nose
- Red, watery eyes
- Exposure to a known trigger

For a severe reaction:
- Trouble breathing
- Swelling of the face, neck or tongue
- A feeling of tightness in the chest or throat
- A rash or hives (large red itchy bumps) that cover the entire body
- An upset stomach (pain, vomiting or diarrhea)
- Dizziness, or loss of consciousness
- Shock
- Exposure to a known trigger

Care

For a mild reaction:
- Check the child carefully for signals of a more severe allergic reaction.
- Call the parents and follow their instructions.

For a severe reaction:
- Call 9-1-1 or the local emergency number.
- Encourage the child to use his or her auto-injector and help if necessary.