



**Muslim National School**  
Seek knowledge from the cradle to the grave

19 Roebuck Road  
Clonskeagh  
Dublin 14  
Roll Number: 19949B  
[www.muslimns.ie](http://www.muslimns.ie)

**NUT ALLERGY PLAN**  
Re: nut allergy at high reaction level

**Attention of all school staff**

Child: \_\_\_\_\_  
Class: \_\_\_\_\_  
Teacher: \_\_\_\_\_

**Action:**

1. Staff dealing with \_\_\_\_\_ do not eat any item of food with nut traces
2. Advise children not to offer or exchange foods, sweets, lunches etc.
3. Letter issued to all parents in \_\_\_\_\_'s class advising that children must not bring in any food items with nut traces
4. If going off-site, medication must be carried.

**In the event that \_\_\_\_\_ comes into contact with nuts:**

1. Administer 5ml Zirtec or other antihistamine immediately. (Pen in \_\_\_\_\_ and in \_\_\_\_\_'s school bag).
2. It is important that \_\_\_\_\_ be kept calm to allow him/her to breathe calmly as s/he will experience discomfort and sensation of his/her throat swelling. If possible, he needs to drink as much water as possible. These steps should allow him to recover fully.
3. Only in the event of anaphylactic shock should the pen be administered.
4. Before or immediately after Pen has been administered an ambulance must be called.

**Indicators of shock include:**

Symptoms of shock can include

- wheezing,
- severe difficulty breathing and
- Gastro-intestinal symptoms such as abdominal pain, cramps, vomiting and diarrhea.

Doctor: Dr \_\_\_\_\_

Phone Number \_\_\_\_\_

Parent 1: \_\_\_\_\_

Phone Number \_\_\_\_\_

Parent 2: \_\_\_\_\_

Phone Number \_\_\_\_\_

Other Emergency Contacts: \_\_\_\_\_

Phone Number \_\_\_\_\_

