

# Mild to moderate allergic reactions

A suggestion for implementing the strategy  
'Recognise and respond to allergic reactions'  
from the Guide: [Allergies and learning](#)

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## **Includes:**

- Causes of allergic reactions
- Symptoms of mild to moderate reactions
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- Recognise and respond to food allergies
- Steps for responding
- Useful resources

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Guide: [Allergies and learning](#)

Strategy: [Recognise and respond to allergic reactions](#)

Suggestion: [Mild to moderate allergic reactions](#)

Date

19 April 2024

Link

[inclusive.tki.org.nz/guides/allergies-and-learning/mild-to-moderate-allergic-reactions](https://inclusive.tki.org.nz/guides/allergies-and-learning/mild-to-moderate-allergic-reactions)

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## Causes of allergic reactions



Source:

[AllergicChild](http://home.allergicchild.com/allergies/)

<http://home.allergicchild.com/allergies/>

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## Symptoms of mild to moderate reactions

Most allergic reactions are mild to moderate and do not cause major problems, though they may be a source of irritation and discomfort.

Symptoms of a mild allergic reaction to dust mites, pollen, mould spores, or cat and dog dander can include:

- hives (itchy red spots on the skin)
- itching
- nasal congestion
- a rash
- scratchy throat
- watery or itchy eyes.

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## Recognise food allergy symptoms



Source:

Megan

<https://flic.kr/p/5k4h8a>

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## Recognise and respond to food allergies

This short animation explains how to recognise and respond to the signs and symptoms of a mild-to-moderate food allergic reaction.



Video hosted on Youtube <http://youtu.be/e19iGP33YNA>

No captions or  
transcript

## Steps for responding

Most reactions occur quickly after ingestion or contact with an allergen.

- 1 Stay with the young person.
- 2 Follow the young person's Allergy or Anaphylaxis Action Plan, if they have one.
- 3 Give any prescribed medication or treatment.
- 4 Observe the young person closely for any change in condition, particularly their breathing for indications of a more serious reaction.
- 5 Mild-to-moderate allergic reactions, which can be caused by foods, insect venom, or latex need to be monitored in case the reaction progresses to severe (anaphylaxis).
- 6 Seek medical help if concerned.
- 7 Contact family, whānau, or carer.
- 8 Identify the cause of the reaction and remove, if possible.
- 9 If possible, share the cause of the reaction with whānau and health professionals.
- 10 Allow the young person time to recover in a quiet area.
- 11 Report and record the reaction on the school medical register.
- 12 Review the incident to address potential safety issues.

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## Useful resources



### Allergy and Anaphylaxis Guidelines for Schools and Kura

Read time: 37 min

Guidelines to support school leadership, management, and teachers throughout New Zealand to manage allergies and anaphylaxis.

[Visit website](#)



### What is allergy?

Definition of an allergy and an explanation of what happens during an allergic reaction and the areas of the body that may be affected.

Publisher: Australasian Society of Clinical Immunology and Allergy

[Visit website](#)



### How to be allergy aware: Information for school students

Read time: 2 min

This information sheet for students supports awareness and understanding of allergies. This information is valuable for teachers.

Publisher: Australasian Society of Clinical Immunology and Allergy

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