



KARINGAL PRIMARY SCHOOL

Phone: 9789 4800

Email: karingal.ps@education.vic.gov.au

Mallum Avenue, Frankston 3199

PO Box 6112, Frankston 3199

February 2026

School Anaphylaxis Management Plan

Dear Parents and Carers,

At Karingal Primary School, the health, safety and wellbeing of our students is a priority. We take our responsibilities to students at risk of anaphylaxis very seriously and are committed to providing a safe and supportive learning environment.

Anaphylaxis is a severe allergic reaction that can be life-threatening and may require immediate emergency treatment. It is therefore essential that the school has current and accurate information regarding your child's allergies, prescribed medication, emergency contacts and emergency treatment procedures.

Attached is the ASCIA Action Plan for Anaphylaxis (Red). This plan provides important information regarding your child's allergy management and outlines the emergency response required should an anaphylactic reaction occur.

We ask that families provide a current ASCIA Action Plan for Anaphylaxis completed and signed by their child's medical practitioner. This plan should be reviewed and updated annually, or sooner if there are significant changes to your child's allergies, prescribed medication, adrenaline device or treatment requirements.

If your child has been prescribed an adrenaline device (such as an EpiPen®, Jext®, Anapen® or neffy®), please ensure that:

- The device is supplied to the school before your child attends.
- The device is clearly labelled with your child's name.
- The device has not expired.
- A current ASCIA Action Plan accompanies the device.
- Any replacement device is provided to the school before the existing device expires.

Parents and carers are requested to notify the school immediately if:

- A new allergy is diagnosed.
- Existing allergies change.
- An adrenaline device is changed or replaced.
- Medications are changed.
- Emergency contact details change.
- A revised ASCIA Action Plan is issued by your child's medical practitioner.

If a current ASCIA Action Plan is not provided, school staff will follow standard emergency procedures and seek urgent medical assistance if an allergic reaction or anaphylaxis is suspected.

The school reserves the right to call an ambulance whenever staff believe a student is experiencing an anaphylactic reaction or other serious allergic reaction. Families are encouraged to ensure appropriate ambulance cover is in place.

Respect - Integrity - Persistence - Resilience - Relationships



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For further information about allergy management and anaphylaxis, please visit the ASCIA website at www.allergy.org.au.

Please help us to responsibly care for your child while at school by completing and returning the attached ASCIA Action Plan as soon as possible.

If you have any queries regarding your child's allergy management, please do not hesitate to contact the school office.

Thank you for your support and cooperation in helping us maintain a safe and healthy learning environment for all students.

Yours sincerely,

Samantha Cooke
Principal

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ACTION PLAN FOR Anaphylaxis

Name: _____ Date of birth: DD / MM / YYYY

Confirmed allergen(s): _____

Family/emergency contact(s):

1. _____ Mobile: _____

2. _____ Mobile: _____

Plan prepared by: _____ (prescriber) who authorises medications to be given, as consented by the parent/guardian, according to this plan.

Signed: _____ Date: DD / MM / YYYY

Adrenaline device/s prescribed: _____

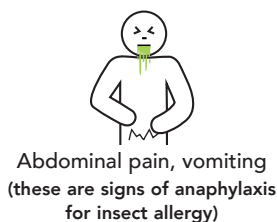
Antihistamine: _____ Dose: _____

This plan does not expire but review is recommended by: DD / MM / YYYY

Photo

MILD TO MODERATE ALLERGIC REACTIONS

SIGNS



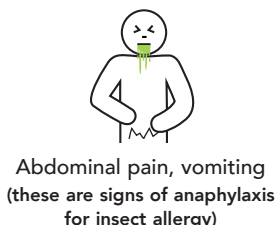
ACTIONS

- Stay with person, call for help
- Locate adrenaline (epinephrine) device
- Give antihistamine - see above
- Phone family/emergency contact
- Insect allergy - flick out sting if visible
- Tick allergy - seek medical help or freeze tick and let it drop off

Mild to moderate allergic reactions may not always occur before anaphylaxis

ANAPHYLAXIS (SEVERE ALLERGIC REACTIONS)

WATCH FOR ANY ONE OF THE FOLLOWING SIGNS



ACTIONS

1 LAY PERSON FLAT - do NOT allow them to stand or walk

- If unconscious or pregnant, place in recovery position - on left side if pregnant
- If breathing is difficult allow them to sit with legs outstretched
- Hold young children flat, not upright



2 GIVE ADRENALINE DEVICE

3 Phone ambulance - 000 (AU) or 111 (NZ)

4 Phone family/emergency contact

5 Further adrenaline may be given if no response after 5 minutes

6 Transfer person to hospital for at least 4 hours of observation



IF IN DOUBT GIVE ADRENALINE DEVICE

Commence CPR at any time if person is unresponsive or not breathing normally



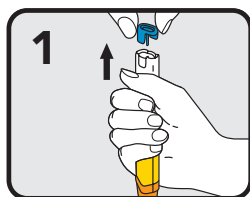
See page 2 for adrenaline device instructions or scan this code

ALWAYS GIVE ADRENALINE DEVICE FIRST, then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication (who may have been exposed to the allergen) has **SUDDEN BREATHING DIFFICULTY** (including wheeze, persistent cough or hoarse voice). **Anaphylaxis can occur without skin symptoms.**

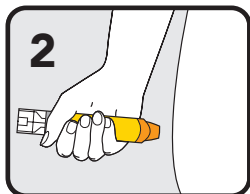
If device is accidentally injected or activated, use another adrenaline device if available.
If adrenaline is accidentally injected, contact the local poisons information centre.

How to use adrenaline (epinephrine) devices

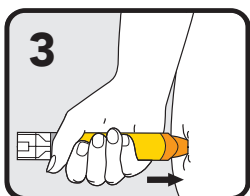
EpiPen®



Form fist around EpiPen® and pull off blue safety release



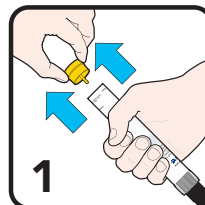
Hold leg still and place orange end against outer mid-thigh (with or without clothing)



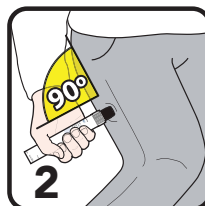
Push down hard until a click is heard or felt and hold in place for 3 seconds. Remove EpiPen®

EpiPen® Jr (150 mcg) is prescribed for children 7.5 - 20kg
EpiPen® (300 mcg) is prescribed for children over 20kg and adults

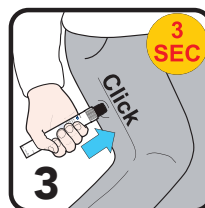
Jext®



Form fist around Jext® and pull off yellow cap



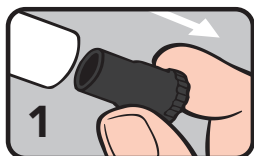
Place black injector tip against outer mid-thigh (with or without clothing)



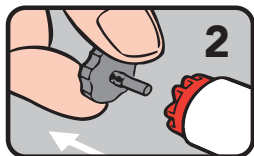
Push black tip firmly until a click is heard and hold in place for 3 seconds. Remove Jext®

Jext® Jr (150 mcg) is prescribed for children 7.5 - 20kg
Jext® (300 mcg) is prescribed for children over 20kg and adults

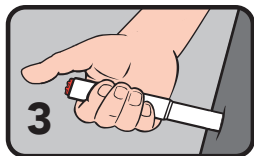
Anapen®



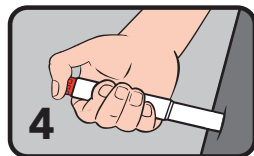
Pull off black needle shield



Pull off grey safety cap from red button



Place needle end firmly against outer mid-thigh at 90° angle (with or without clothing)



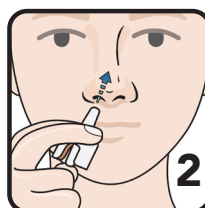
Press red button so it clicks and hold for 3 seconds. Remove Anapen®

Anapen® 500 is prescribed for children over 50kg and adults

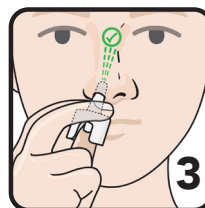
neffy®



Hold as shown. Do not test spray



Place nozzle into nostril until fingers touch nose.



Press plunger firmly

neffy® 1mg is prescribed for children 15 - 30kg (4 years and over)
neffy® 2mg is prescribed for children and adults 30kg and over

Follow the ASCIA Action Plan or First Aid Plan for Anaphylaxis

Each device is for single-use only.

Give the used device to the ambulance with the time it was given.



Scan this QR code for instructions on the ASCIA website.