



Granby Public Schools

387 East State Street, Granby, MA 01033

Office: (413) 467-7193

www.granbyschoolsma.org

Extra-Curricular Health Action Plan

Allergic Reaction:

Examples of allergic reaction: difficulty breathing, shortness of breath, wheezing, difficulty swallowing, hives, itching, swelling of any body part, nausea

Action Plan: Call 911 and assist child/adult in using Epi-pen if prescribed and available. Stay with individual. If needed, begin CPR.

Asthma:

Symptoms: Difficulty breathing, shortness of breath, wheezing, coughing, lips and fingernails are blue, use of accessory muscles of neck and chest

Action Plan: If student has his/her inhaler, allow them to use it. If no relief of symptoms in five (5) minutes, **call 911. If no inhaler available, call 911 immediately** and stay with student. Begin CPR if needed.

Diabetes:

Symptoms: Low blood sugar reaction-hunger, sweaty, pallor, feeling shaky, headache, if very low-possible seizure, disorientation, coma

Action Plan: If student is able, allow student to drink a juice box or regular soda (not diet), eat glucose tablets or a snack from their emergency pack. Have student test their blood sugar level and record number. If no change in symptoms in fifteen (15) minutes, **call parent** and have the child repeat all of the above. **If student unable to swallow or symptoms persist, call 911 and stay with student.**

Seizures:

Symptoms: Altered consciousness, involuntary muscle stiffness or jerking movements, drooling/foaming at the mouth, temporary halt in breathing, loss of bladder control.

Action Plan: Protect student from falling and surrounding furniture, **call 911** and stay with student. Never put anything in child's mouth. Once seizure is over, gently roll student onto his/her side, begin CPR if needed.

*****Parents are responsible for informing coaches and school staff of before and afterschool programs of student's health condition and any changes that may occur while they are participating in such programs.*****