Anaphylaxis is a life-threatening reaction. Peanut allergy is the most common cause of food-induced anaphylaxis, a medical emergency that requires treatment with an epinephrine (adrenaline) injector (EpiPen, Twinject) and a trip to the emergency room.

Peanut allergies are common and we have several people in our Simpson Community who have severe peanut/other allergies. For some people with peanut allergy, even tiny amounts of peanuts can cause a serious reaction.

**Peanut/and other allergy signs and symptoms can include:**
- Skin reactions, such as hives, redness or swelling
- Itching or tingling in or around the mouth and throat
- Digestive problems, such as diarrhea, stomach cramps, nausea or vomiting
- Tightening of the throat
- Shortness of breath or wheezing
- Runny nose

**More Severe Reactions Include:**
- Constriction of airways
- Swelling of your throat that makes it difficult to breathe
- A severe drop in blood pressure (shock)
- Rapid pulse
- Dizziness, lightheadedness, or loss of consciousness
- **Seek emergency treatment if you have signs or symptoms of anaphylaxis. Call 911 or your local emergency number if you or someone else displays severe dizziness, severe trouble breathing or loss of consciousness.**

*If you know you have an allergy ~ carry your EpiPen with you.*

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**FLU SEASON**

**EVERYDAY PREVENTIVE ACTIONS**

* Try to avoid close contact with those that are sick
* If you are sick with flu-like illness, please stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
* While sick, limit contact with others as much as possible to keep from infecting them.
* Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
* Wash your hands often with soap and water.
* Avoid touching your eyes, nose and mouth. Germs spread this way.

**GET YOUR ANNUAL FLU VACCINE!**

People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick.

For more information, visit www.cdc.gov

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**Nurse Connie’s Hours:**

(When school is in session)

- **MONDAY**
  - 8:00-5:00
- **TUESDAY-THURSDAY**
  - 8:00-2:00
- **FRIDAY**
  - 8:00-12:00
- 530.226.4178
- cechols@simpsonu.edu

*If immediate assistance is needed please go to either of the clinics listed below or to the closest Emergency room.

**Hilltop Medical Clinic**
- 1093 Hilltop Drive
- Redding, CA 96003
- 530.221-1565
- Or

**Pulse Urgent Care**
- 691 Maraglia St., Suite A
- Redding, CA 96002
- 530.722-1111