



MWGC NUT and FOOD NOTICE

JUNE 2017

Allergies and allergic reactions are a part of our society. To try and manage this we ask that visitors do not bring nuts or similar foods into the premises. We ask that members and parents/carers advise us of any medical condition that may increase the risk of an allergic reaction.

Please note that MWGC cannot guarantee a nut or allergy free environment.

What is Anaphylaxis?

Anaphylaxis is a serious allergic reaction that is rapid in onset and may cause death. It typically causes a number of symptoms including an itchy rash, throat swelling, and low blood pressure. Common causes include insect bites and stings, foods, and medications.

Symptoms include:

- skin reactions such as hives, flushed skin, or pale skin
- suddenly feeling too warm
- feeling like you have a lump in your throat or difficulty swallowing
- nausea, vomiting, or diarrhoea
- abdominal pain
- a weak and rapid pulse
- runny nose and sneezing
- swollen tongue or lips
- wheezing or difficulty breathing
- a sense that something is wrong with your body
- tingling hands, feet, mouth, or scalp

If you think someone is experiencing severe anaphylaxis we have Epi Pens. The Epi Pens are kept in the white medical drawers just inside reception, here's how to use them,



If you are ever required to use an Epi Pen please call 000 immediately and contact parents or carers.