

過敏管理和 針對過敏欺凌

ALLERGY MANAGEMENT AND
ANTI ALLERGY-RELATED BULLYING



基本過敏知識

BASIC ALLERGY KNOWLEDGE

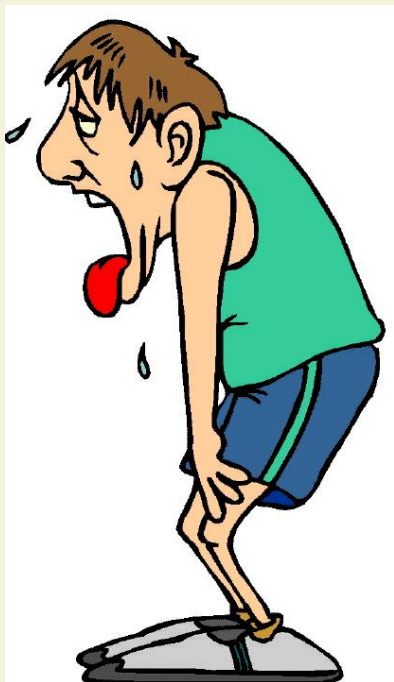
基本過敏知識

BASIC ALLERGY KNOWLEDGE

- 過敏是人體免疫系統對無害外來物質所產生的過激發炎反應。
- Allergy is hypersensitivity of the immune system to something in the environment that usually causes little or no problem in most people.



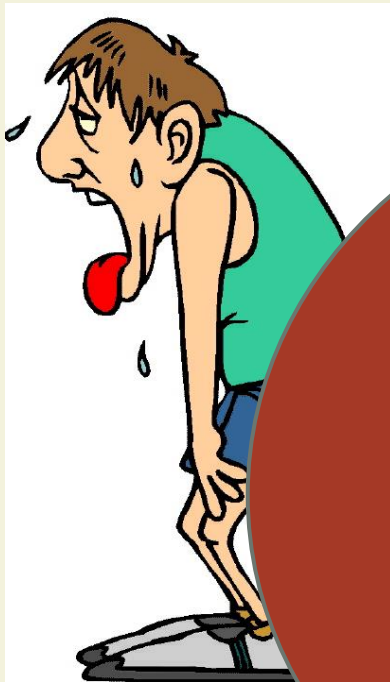
■ 身子弱？ Weak?



■ 傳染病？
Contagious?



■ 身子弱？ Weak?



■ 傳染病？
Contagious?



誤解！ misunderstanding

免疫系統的作用

FUNCTION OF IMMUNE SYSTEM

A normal immune system protect against disease or other potentially damaging foreign bodies.

**正常免疫系統是人體內一個重要防禦、偵測系統，
是身體對抗疾病的戰鬥力**

免疫系統

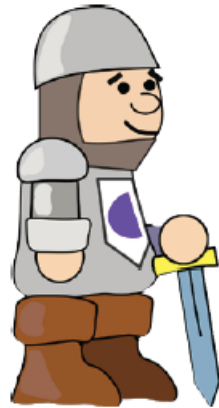


正常免疫系統

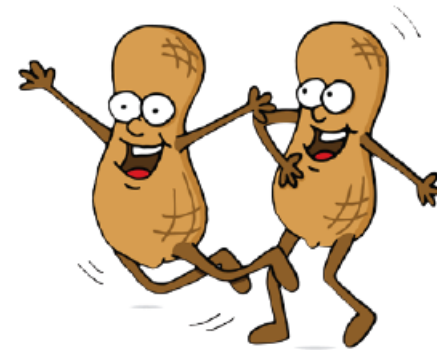
HEALTHY IMMUNE SYSTEM

Allow harmless substance to enter our body

遇上沒有害處的物質不會作出反應。



沒有惡意



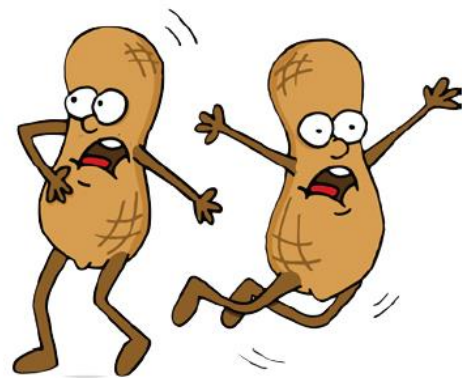
過敏病免疫系統

IMMUNE SYSTEM WITH ALLERGY DISORDER

Overreacts to harmless substance.
This overreaction causes allergy reaction



引起發炎的
的攻擊！



過敏有哪幾種？

TYPES OF ALLERGY REACTION

濕疹
eczema



鼻敏感
rhinitis



過敏休克
anaphylaxis



等等 and so on. .

基本過敏知識

- 最好預防過敏反應發生的方法：避開致敏原。
- Best way to prevent allergy reaction is to avoid the allergen



常見的致敏原

COMMON ALLERGEN



雞蛋



牛奶



魚



麥



果仁



大豆



動物毛屑



生果



塵蟎



昆蟲



花粉



甲殼類海產

基本過敏知識



過敏性休克

ANAPHYLAXIS



過敏性休克知多D

- 即使極少量致敏原也可以引起過敏反應
- Even traces of allergen can lead to anaphylaxis



過敏性休克知多D

- 急性過敏反應通常會發生在數秒至數分鐘內，也可以2-4小時後才發生
 - 所以知道病人接觸了致敏原後，要小心觀察，必要時要送院。
- Anaphylaxis can happen within few seconds, several minutes or event 2-4 hours later
 - Therefore we should monitor patient if we know that he/she has contacted with allergen.



察覺過敏性休克
ANAPHYLAXIS
SYMPTOMS

輕微至中等的過敏反應症狀

SYMPTOMS - MILD TO MODERATE REACTION

- 皮膚出疹或出現條痕 rashes
- 嘴發麻 Tingling mouth
- 胃痛和嘔吐 stomach ache
and nausea



輕微至中等過敏 - 應對程序

ACTION FOR MILD TO MODERATE ALLERGIC REACTION

- 不要離開患者，同時呼救；
- 立即使用處方的藥物
 - 輕微至中等程度過敏:抗組織胺藥
- 找出腎上腺素自動注射器
- 聯絡家長/監護人
- Stay with person and call for help
- Take medicine if there is any
 - Anti-Histamine for mild to moderate allergic reaction
- Locate epinephrine autoinjector
- Phone family/emergency contact



過敏性休克症 - 嚴重反應

SYMPTOMS - ANAPHYLAXIS

- 呼吸困難/有雜聲
- 舌頭腫脹
- 喉頭腫大/綑緊
- 說話困難/聲音嘶啞
- 喘鳴或咳嗽不止
- 失去知覺以及/或虛脫
- 膚色蒼白，肢體無力
- Difficult/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Wheeze or persistent cough
- Difficulty talking and/or hoarse voice
- Persistent dizziness or collapse
- Pale and floppy (young children)



嚴重反應 – 對應行動

REACTION - ANAPHYLAXIS



- 過敏性休克:腎上腺素是**唯一合適的藥物**
- 注射腎上腺素可以**挽救生命**，必須立即使用
- 把患者躺平，**雙腿抬高**
- 如呼吸困難，可坐起但**不要站立**
- 呼叫救護車
- Epinephrine auto injector is the only drug to treat anaphylaxis
- Injecting Epinephrine auto injector can save a life and should be used immediately
- Lay person flat - do NOT allow them to stand or walk.
- If patient has difficulty in breathing allow them to sit.
- Call ambulance

腎上腺素自動注射器 (救命針)

EPINEPHRINE AUTO INJECTOR

甚麼是腎上腺素自動注射器

EPINEPHRINE AUTO INJECTOR

- 腎上腺素係舒緩過敏性休克嘅唯一藥物
- 腎上腺素自動注射器針(救命針)的設計是給任何人士，即使是非醫護人員都可以簡單注射腎上腺素。
- 發生過敏性休克，要立刻被病人打救命針。
- Epinephrine auto injector is the only drug to treat anaphylaxis
- It is designed for people without medical training to use.
- Inject immediately when anaphylaxis occurs.

牌子: EPIPEN



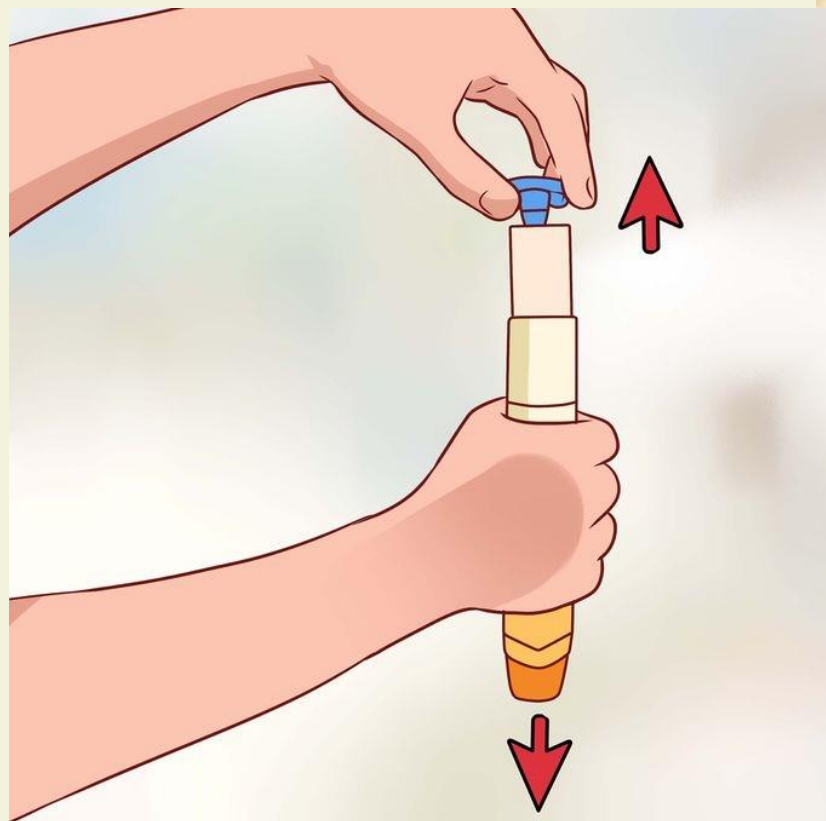
牌子: JEXT



注射救命針— 1

INJECT EPINEPHRINE AUTO INJECTOR

- 拳握住救命針，另外一隻手拉開藍色保安蓋
- Form fist around EpiPen
- PULL OFF BLUE SAFETY RELEASE



注射救命針— 2

INJECT EPINEPHRINE AUTO INJECTOR

- 將橙色一端抵住大腿外側（隔衣服或直接接觸皮膚均可）
- Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)



注射救命針 — 3

INJECT EPINEPHRINE AUTO INJECTOR

- **用力按下救命針，聽到或感覺有“卡”響聲後保持10秒鐘。**
- **PUSH DOWN HARD until a click is heard or felt and hold in place for 10 seconds**



注射救命針 — 4

INJECT EPINEPHRINE AUTO INJECTOR

- **移除救命針，按摩注射部位10秒**
- **REMOVE EpiPen and gently massage injection site for 10 seconds**



過敏性休克知多D

- 過敏反應的嚴重性和發展是完全不能預料，發生過敏性休克，要立刻注射腎上腺素，一刻也不能猶疑！
- 過敏性休克的危險比腎上腺素的副作用更高，所以只要有懷疑，就可以放心打。
- The severity and development of anaphylaxis is hard to predict.
- The danger of anaphylaxis is way higher than the side effect of epinephrine. Therefore epinephrine should be injected without hesitation.





學校的食物過敏管理

FOOD ALLERGY MANAGEMENT AT SCHOOL

- 教導學生不要跟過敏學生分享食物
- Teach students not to share food with classmates with food allergy



學校的食物過敏管理

FOOD ALLERGY MANAGEMENT AT SCHOOL

- 避免用食物為學校功課或手工品的材料或題材
- Avoid using food as teaching material



- 好好計畫安全的派對或慶祝會
- Plan ahead for special functions like parties or camp

學校的食物過敏管理

FOOD ALLERGY MANAGEMENT AT SCHOOL

- 教導學生食飯後要洗手和清潔檯面
- Teach student wash their hands and clean their table after meals.



過敏欺凌

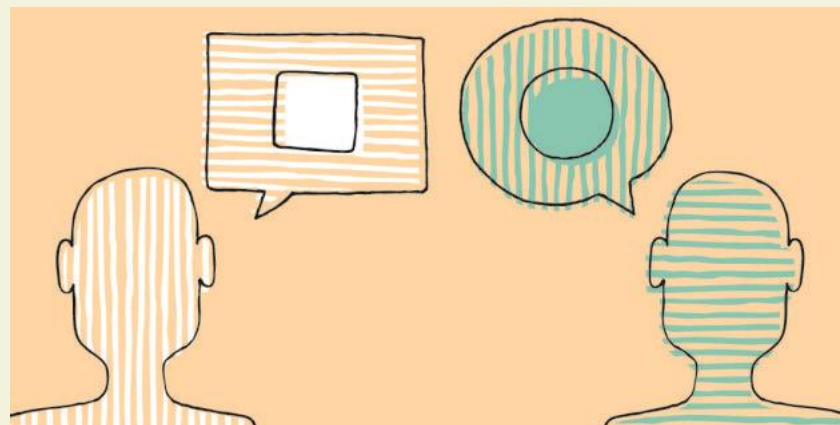
ALLERGY RELATED BULLYING



點解欺凌過敏病人？

REASON - ALLERGY RELATED BULLYING

- 對過敏病的不了解
- 不知道自己的行為嚴重性
- 模仿成年人做法，例如老師不讓過敏患者參與班活動，引致過敏學生被孤立
- Uninformed about allergy
- Do not understand how serious allergy can be
- Imitating adults' behavior



過敏欺凌的例子

ALLERGY RELATED BULLYING

- 欺凌者會強逼過敏學生進食或接觸致敏原
 - 引起的過敏反應可以致命！
- 因為患者拒絕進食某些食物而冷言冷語
- 欺凌者會孤立過敏學生
- Bully will force student with allergy to contact with allergen
- Tell student with allergy off for not eating certain food
- Isolate student with allergy



察覺過敏欺凌

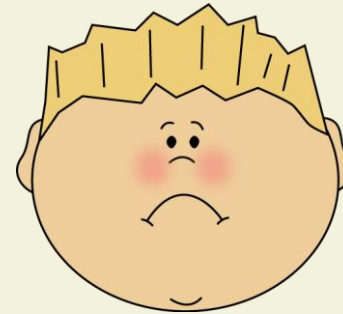
NOTICE BULLYING CASES

留意過敏學生有沒有以下情況:

- 損毀的書本、校服
- 身體有傷痕
- 缺席率上昇
- 成績退步
- 悶悶不樂
- 發怒

Keep an eye of the following situation

- Torn books/uniform
- Injury
- Absence of schools increase
- Result falling behind
- Feeling low
- Throwing tantrum



過敏欺凌的解決辦法

REASON - ALLERGY RELATED BULLYING

- 教育學生過敏和欺凌的知識
- Educate students about allergy and bullying



過敏欺凌的解決辦法

REASON - ALLERGY RELATED BULLYING

- 設計所有學生都能夠參與的活動，讓大家知道過敏學生也是大家的一份子
- Design activities that everyone can join. Let everyone knows that we are all part of the group.



過敏欺凌的解決辦法

REASON - ALLERGY RELATED BULLYING

- 鼓勵過敏學生坦承對話
- Encourage students to talk when encountering problems.



香港過敏協會

- 如有任何查詢，或想本會到貴校舉辦講座，歡迎聯絡本會
- 電郵: contact@allergyhk.org
- 電話: 5687 9433
- 傳真: 3020 6977
- 網頁: www.allergyhk.org

