

**ALLERGY INJECTIONS (Allergy Shots)  
2007 – 2008**

Hendrix Health Center (HHC) has established certain standards and requirements for students receiving allergy injections:

1. Bottle(s) of allergy serum must be clearly labeled with your name and accompanied by current written instructions from your allergist.
2. Your allergist or referring physician needs to sign the **Permission for HHC to Administer Allergy Injections** form.
3. Keep the allergen bottle refrigerated as freezing or overheating can inactivate the allergen. You may refrigerate your bottle at Hendrix Health Center.
4. **Allergy injections may be given only when the physician is present in the clinic.**
5. Take your medications as prescribed by your allergist. Inform the nurse of all of your medications.
6. Allergy injections should be avoided if you have a fever, a sunburned arm, or are having breathing difficulty. If you are ill and unable to attend class/work, you should not receive an allergy shot on that day.
7. After the injection, apply pressure to the site for five minutes. Do not rub your arm. An ice pack is available if needed.
8. **You are expected to wait in the lobby for 30 minutes after the injection.** Promptly report to the nurse any signs of a reaction, ie: itching, swelling, redness, hives, nasal congestion, difficulty breathing.
9. Avoid strenuous exercise for 1 hour before and 4 hours after the injection, or as directed by the physician.
10. You are responsible for staying on the recommended injection schedule. Unless there is a written order for varying your schedule, you should have your allergist call HHC with instructions. (218-477-2211)
11. Many local clinics administer allergy injections when Hendrix Health Center is closed.
12. You are responsible for reordering your allergy serum. You must refrigerate the serum and hand deliver it to the Hendrix Health Center.

There is a fee for one injection, and a separate fee for each additional injection.

2/08