

# FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

Name:		D.O.B.:	PLACE
Allergy to:			STUDENT'S PICTURE HERE
Weight:	Ibs.	Asthma: [ ] Yes (higher risk for a severe reaction) [ ] No	HERE

For a suspected or active food allergy reaction:

FOR ANY OF THE FOLLOWING

# **SEVERE SYMPTOMS**

[ ] If checked, give epinephrine immediately if the allergen was definitely eaten, even if there are no symptoms.



Short of breath. wheezing. repetitive cough



Pale, blue, faint, weak pulse, dizzy trouble breathing/



Tight, hoarse, swallowing



Significant swelling of the tongue and/or lips



Many hives over body, widespread redness



Repetitive vomiting or

severe diarrhea



OTHER Feeling something bad is about to happen, anxiety, confusion

#### OR A COMBINATION

of mild or severe symptoms from different body areas.

NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. Use Epinephrine.







### 1. INJECT EPINEPHRINE IMMEDIATELY.

- 2. **Call 911.** Request ambulance with epinephrine.
- Consider giving additional medications (following or with the epinephrine):
  - Antihistamine
  - Inhaler (bronchodilator) if asthma
- Lay the student flat and raise legs. If breathing is difficult or they are vomiting, let them sit up or lie on their side.
- If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
- Alert emergency contacts.
- Transport student to ER even if symptoms resolve. Student should remain in ER for 4+ hours because symptoms may return.

NOTE: WHEN IN DOUBT, GIVE EPINEPHRINE.

# **ILD** SYMPTOMS

[ ] If checked, give epinephrine immediately for ANY symptoms if the allergen was likely eaten.



Itchy/runny nose, sneezing



SKIN

A few hives, mild itch



Itchy mouth



Mild nausea/discomfort







## 1. GIVE ANTIHISTAMINES, IF ORDERED BY PHYSICIAN

- 2. Stay with student; alert emergency contacts.
- 3. Watch student closely for changes. If symptoms worsen, GIVE EPINEPHRINE.

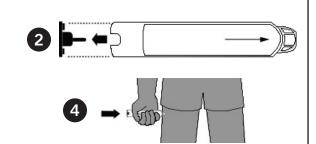
### **MEDICATIONS/DOSES**

Epinephrine Brand:						
Epinephrine Dose: [ ] 0.15 mg IM [ ] 0.3 mg IM						
Antihistamine Brand or Generic:						
Antihistamine Dose:						
Other (e.g., inhaler-bronchodilator if asthmatic):						

## FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

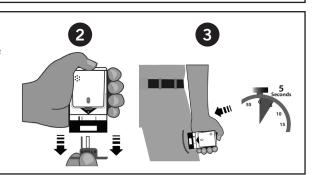
#### EPIPEN® (EPINEPHRINE) AUTO-INJECTOR DIRECTIONS

- 1. Remove the EpiPen Auto-Injector from the plastic carrying case.
- 2. Pull off the blue safety release cap.
- 3. Swing and firmly push orange tip against mid-outer thigh.
- 4. Hold for approximately 10 seconds.
- 5. Remove and massage the area for 10 seconds.



#### **AUVI-Q™** (EPINEPHRINE INJECTION, USP) DIRECTIONS

- Remove the outer case of Auvi-Q. This will automatically activate the voice instructions.
- 2. Pull off red safety guard.
- 3. Place black end against mid-outer thigh.
- 4. Press firmly and hold for 5 seconds.
- 5. Remove from thigh.



#### ADRENACLICK®/ADRENACLICK® GENERIC DIRECTIONS

- 1. Remove the outer case.
- 2. Remove grey caps labeled "1" and "2".
- 3. Place red rounded tip against mid-outer thigh.
- 4. Press down hard until needle penetrates.
- 5. Hold for 10 seconds. Remove from thigh.



OTHER DIRECTIONS/INFORMATION (may self-carry epinephrine, may self-administer epinephrine, etc.):

Treat student before calling Emergency Contacts. The first signs of a reaction can be mild, but symptoms can get worse quickly.

EMERGENCY CONTACTS — C	CALL 911	OTHER EMERGENCY CONTACTS
RESCUE SQUAD:		NAME/RELATIONSHIP:
DOCTOR:	_PHONE:	PHONE:
PARENT/GUARDIAN:	PHONE:	NAME/RELATIONSHIP:
		PHONE: