

FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

Name: D.O.B.:	PLACE PICTURE HERE
Weight:Ibs. Asthma: [] Yes (higher risk for a severe reaction) [] No	
NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. USE EP	INEPHRINE.
Extremely reactive to the following foods:	
THEREFORE:	
[] If checked, give epinephrine immediately for ANY symptoms if the allergen was likely eaten.	
[] If checked, give epinephrine immediately if the allergen was definitely eaten, even if no symptoms ar	e noted.

FOR ANY OF THE FOLLOWING:

SEVERE SYMPTOMS



LUNG

Short of breath, wheezing, repetitive cough



HEART

Pale, blue, faint, weak pulse, dizzy



THROAT

Tight, hoarse. trouble breathing/ swallowing



MOUTH

Significant swelling of the tongue and/or lips

OR A

COMBINATION

of symptoms

from different

body areas.



SKIN

Many hives over body, widespread redness



Repetitive vomiting, severe diarrhea



OTHER

Feeling something bad is about to happen.





anxiety, confusion





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1. INJECT EPINEPHRINE IMMEDIATELY.

- 2. Call 911. Tell them the child is having anaphylaxis and may need epinephrine when they arrive.
- Consider giving additional medications following epinephrine:
 - Antihistamine
 - Inhaler (bronchodilator) if wheezing
- Lay the person flat, raise legs and keep warm. 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 them to ER even if symptoms resolve. Person should remain in ER for at least 4 hours because symptoms may return.

MILD SYMPTOMS











Itchy/runny nose. sneezing

Itchy mouth

A few hives. mild itch

Mild nausea/ discomfort

FOR MILD SYMPTOMS FROM MORE THAN ONE SYSTEM AREA, GIVE EPINEPHRINE.

FOR MILD SYMPTOMS FROM A SINGLE SYSTEM AREA, FOLLOW THE DIRECTIONS BELOW:

- 1. Antihistamines may be given, if ordered by a healthcare provider.
- 2. Stay with the person; alert emergency contacts.
- 3. Watch closely for changes. If symptoms worsen, give epinephrine.

MEDICATIONS/DOSES

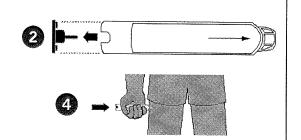
Epinephrine Brand:
Epinephrine Dose: [] 0.15 mg IM [] 0.3 mg IM
Antihistamine Brand or Generic:
Antihistamine Dose:
Other (e.g., inhaler-bronchodilator if wheezing):



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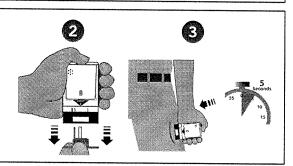
EPIPEN® (EPINEPHRINE) AUTO-INJECTOR DIRECTIONS

- 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.



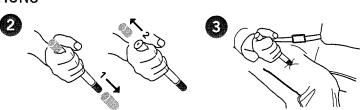
AUVI-Q™ (EPINEPHRINE INJECTION, USP) DIRECTIONS

- 1. 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 the person before calling emergency contacts. The first signs of a reaction can be mild, but symptoms can get worse quickly.

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

PARENT/GUARDIAN AUTHORIZATION SIGNATURE

DATE