

Allergy Action Plan



Student Name: _____ DOB: _____

Grade/ Teacher: _____

ALLERGY TO: _____

Asthmatic Yes* No *Higher risk for severe reaction

◆ STEP 1: TREATMENT ◆

<u>Symptoms:</u>	<u>Give Checked Medication**:</u>	
	**(To be determined by physician authorizing treatment)	
▪ <i>If a food allergen has been ingested, but no symptoms</i>	<input type="checkbox"/> Epinephrine	<input type="checkbox"/> Antihistamine
▪ Mouth Itching, tingling, or swelling of lips, tongue, mouth	<input type="checkbox"/> Epinephrine	<input type="checkbox"/> Antihistamine
▪ Skin Hives, itchy rash, swelling of the face or extremities	<input type="checkbox"/> Epinephrine	<input type="checkbox"/> Antihistamine
▪ Gut Nausea, abdominal cramps, vomiting, diarrhea	<input type="checkbox"/> Epinephrine	<input type="checkbox"/> Antihistamine
▪ Throat+ Tightening of throat, hoarseness, hacking cough	<input type="checkbox"/> Epinephrine	<input type="checkbox"/> Antihistamine
▪ Lung+ Shortness of breath, repetitive coughing, wheezing	<input type="checkbox"/> Epinephrine	<input type="checkbox"/> Antihistamine
▪ Heart+ Weak or thread pulse, low blood pressure, fainting, pale, blueness	<input type="checkbox"/> Epinephrine	<input type="checkbox"/> Antihistamine
▪ Other+ _____	<input type="checkbox"/> Epinephrine	<input type="checkbox"/> Antihistamine
▪ If reaction is progressing (several of the above areas affected), give:	<input type="checkbox"/> Epinephrine	<input type="checkbox"/> Antihistamine

+Potentially life-threatening. The severity of symptoms can quickly change.

DOSAGE

Epinephrine: inject intramuscularly (circle one) EpiPen® Epi Pen® Jr. Auvi-Q®

Antihistamine: give _____
medication/dose/route

Other: give _____
medication/dose/route

IMPORTANT: Asthma inhalers and/or antihistamines cannot be depended on to replace epinephrine in anaphylaxis.

◆ STEP 2: EMERGENCY CALLS ◆

1. Call 911 (or Rescue Squad: _____). State that an allergic reaction has been treated, and additional epinephrine may be needed.

2. Dr. _____ Phone Number: _____

3. Parent _____ Phone Number: _____

4. Emergency contacts:

Name/ Relationship Phone Number(s)

a. _____ Cell) _____ Home) _____

b. _____ Cell) _____ Home) _____

EVEN IF PARENT/GUARDIAN CANNOT BE REACHED, DO NOT HESITATE TO MEDICATE OR TAKE CHILD TO MEDICAL FACILITY!

Doctor's Signature _____ Date _____
(Required)

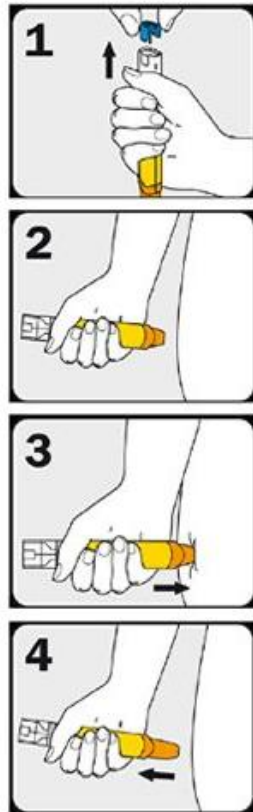
-----Parent signature is required on back-----



For field trips, a wristband will be provided to your child to signify allergies.

Are you authorizing this wristband usage? Yes No

Parent/Guardian's Signature _____ Date _____



How to give EpiPen®

(with blue safety release and orange needle end)

1. Form fist around EpiPen® and pull off BLUE SAFETY RELEASE.
2. Place ORANGE end against outer mid-thigh (with or without clothing).
3. PUSH DOWN HARD until a click is heard or felt and hold in place for 10 seconds
4. REMOVE EpiPen®. Massage injection site for 10 seconds

Once EpiPen® or EpiPen® Jr. is used, call 911. Take the used unit with you to the Emergency Room. Plan to stay at the Emergency Room for observation for at least 4 hours.

For children with multiple food allergies, consider providing separate Action Plans for different foods.