

## 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 EPINEPI	IRINE.
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 are not	ed.

#### FOR ANY OF THE FOLLOWING:

# **SEVERE SYMPTOMS**



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



SKIN

Many hives over body, widespread redness



Repetitive vomiting, severe diarrhea



OTHER

Feeling something bad is about to happen, anxiety, confusion



of symptoms from different body areas.







## 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









MOUTH Itchy mouth

A few hives, mild itch

Mild nausea/ discomfort

nose, sneezing

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.
- Stay with the person; alert emergency contacts.
- 3. Watch closely for changes. If symptoms worsen, give epinephrine.

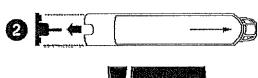
Epinephrine Brand:		1			
Epinephrine Dose:	[ ] 0.15 mg lM	[ ] 0.3 mg lM			
Antihistamine Brand	-or Generic:				
Antihistamine Dose:					
Other (e.g., inhaler-bronchodilator if wheezing):					



# FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

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

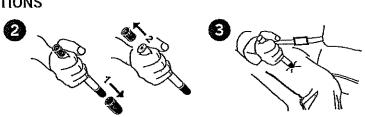
- 1. Remove the EpiPen Auto-Injector from the plastic carrying case.
- 2. Pull off the blue safety release cap.
- 3. Swing and firmly push orange tip against mid-outer thigh.
- 4. Hold for approximately 10 seconds.
- 5. Remove and massage the area for 10 seconds.





#### 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



# Auto-Injectable Epinephrine Plan

School \_\_\_\_\_

School Year			Date					
Student Name:		1	of Birth					
			Grade Level:			•		
Parents/Guardians:						-	•	
Parents/Guardians:	Work I	hone (Mothe	r);			•	•	
Cell Phone:	Work I	hone (Father	):			•		•
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Emergency Contact:							:	_
· , —	Name	]	Relationship			Ph	one	
		-						•
Physician:			Phone:			•		
I understand that it is my to notify the school nurse medication/treatment region this document authoriz regarding my child/ward only be shared with pertiable signing below, I acknowled the properties of the pr	Imedical professional imen. As parent or legges representatives of from my child's physical school staff.  I have represented that I have reported Henry County Staff, they deem such median, I release Henry Coertaining to the Stude e epinephrine, and the	or designee of gal guardian of Henry Count ician and his/ ead, understoo Schools, its er dical treatmen ounty Schools ent's self-admented decision of I	of any change of the above to y Schools to her staff. I under staff, I under d, and agree apployees, and t is necessary to its employed inistrating at	es in my named s communi nderstar to the to d agents y and ar ees, and	child's he tudent, I unicate about that this erms of He to seek no propriate, agents from the table epin	ut/receive in the shealth information of the she	nat my s nformation rmation Schools ment for ig this A liability orage an	ignature on will s' Auto- my uto- including d
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Physician Printed Name	Ph	ysician Signa	ure		D	ite		