

Severe Allergy Action Plan • Emergency Care Plan

Name _____

Student ID# _____ Grade _____

Date of birth _____

Allergy to _____

Weight _____ lbs. Asthma: Yes (*higher risk for a severe reaction*) No

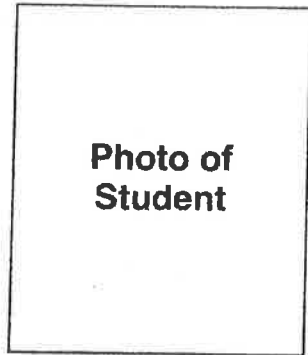


Photo of Student

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 noted.

Any **severe symptoms** after suspected or known exposure:
One or more of the following:
Lung: Short of breath, wheeze, repetitive cough
Heart: Pale, blue, faint, weak pulse, dizzy, confused
Throat: Tight, hoarse, trouble breathing/swallowing
Mouth: Obstructive swelling (*tongue and/or lips*)
Skin: Many hives over body
Or combination of symptoms from different body areas:
Skin: Hives, itchy rashes, swelling (*e.g., eyes, lips*)
Gut: Vomiting, diarrhea, crampy pain

1. **Inject Epinephrine Immediately**
2. Call 911
3. **Begin monitoring** (*see box below*)
4. Give additional medications:*
 - Antihistamine
 - Inhaler (*bronchodilator*) if asthma

* *Antihistamines & inhalers/bronchodilators are not to be depended upon to treat a severe reaction (anaphylaxis). Use Epinephrine.*

Mild symptoms only:
Mouth: Itchy mouth
Skin: A few hives around mouth/ face, mild itch
Gut: Mild nausea/ discomfort

1. **Give Antihistamine**
2. Stay with student; alert healthcare professionals and parent
3. If symptoms progress (*see above*), **use Epinephrine**
4. **Begin monitoring** (*see box below*)

Medications/Doses

Epinephrine (*brand and dose*): _____

Antihistamine (*brand and dose*): _____

Other (*e.g., inhaler-bronchodilator if asthmatic*): _____

Monitoring
 Stay with student, alert healthcare professionals and parent. Tell school nurse epinephrine was given, request ambulance with epinephrine. Note time when epinephrine was administered. A second dose of epinephrine can be given five (5) minutes or more after the first symptoms persist or return after use. (caution: avoid keeping student lying flat on back with legs raised). If school nurse or parent cannot be reached, see back of plan for auto-injector technique.

This student has been instructed and has good understanding of the clinical indications for and use of the medication listed on the left of this page.
 This student has been instructed and is capable of administering this medication in the event of an allergic reaction.
 Yes No

Parent/Guardian signature _____

Date _____

Physician/Healthcare provider signature _____

Date _____

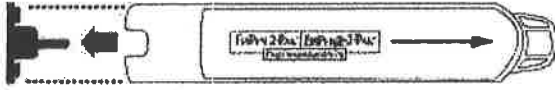
 School nurse

 Date

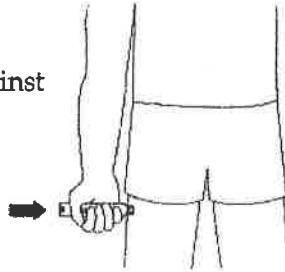
EpiPen® (epinephrine) Auto-Injector

Directions

- First, remove the EpiPen® (epinephrine) Auto-Injector from the plastic carrying case
- Pull off the blue safety release cap



- Hold orange tip near outer thigh (always apply to thigh)
- Swing and firmly push orange tip against outer thigh. Hold on thigh for approximately 10 seconds.
- Remove EpiPen® (epinephrine) Auto-Injector and massage the area for 10 more seconds.



EpiPen®, EpiPen 2-Pak®, and EpiPen Jr 2-Pak® are registered trademarks of Mylan Inc. licensed exclusively to its wholly-owned subsidiary, Mylan Specialty L.P.

Contacts

Doctor's name

() -
Doctor's phone number

Parent's/Guardian's name

() -
Parent's/Guardian's phone number

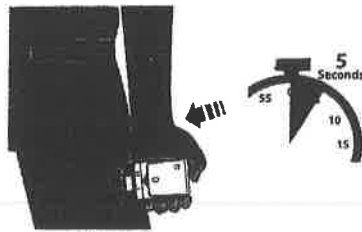
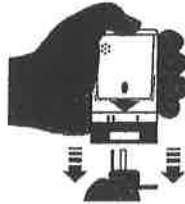
Parent's/Guardian's name

() -
Parent's/Guardian's phone number

Auvi-Q™ (epinephrine injection, USP)

Directions

- Remove the outer case of Auvi-Q. This will automatically activate the voice instructions.
- Pull off RED safety guard.
- Place black end against outer thigh, then press firmly and hold for five (5) seconds.



Auvi-Q™
epinephrine Injection, USP
0.15 mg/0.3 mg auto-injectors

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Name of contact

Relationship to student

() -
Contact's phone number

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Contact's phone number

Adrenaclick® 0.3 mg and Adrenaclick® 0.15 mg

Directions

- Remove GREY caps labeled "1" and "2."



- Place RED rounded tip against outer thigh, press down hard until needle penetrates. Hold for 10 seconds, then remove.

