

# 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 rescue squad epinephrine was given; request an 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 if symptoms persist or recur. For a severe reaction, consider keeping student lying on back with legs raised. Treat student even if parents cannot be reached. See back / attached for auto-injection technique.

This student has been instructed and has good understanding of the clinical indications to administer the medication listed to the left on 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

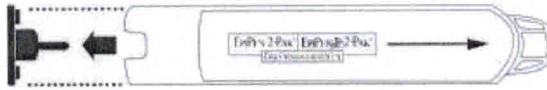
\_\_\_\_\_  
School nurse

\_\_\_\_\_  
Date

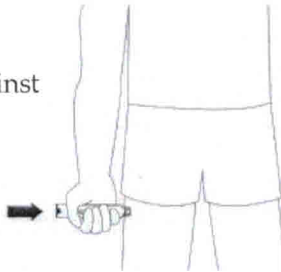
## EpiPen® (epinephrine) Auto-Injector

### 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 2-PAK® EPIPEN Jr 2-PAK®**  
(Epinephrine) Auto-Injectors 0.3/0.15mg

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

\_\_\_\_\_  
Doctor's name

(\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
Doctor's phone number

### Parent/Guardian

\_\_\_\_\_  
Parent's/Guardian's name

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

\_\_\_\_\_  
Parent's/Guardian's name

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

### Other Emergency Contacts

\_\_\_\_\_  
Name of contact

\_\_\_\_\_  
Relationship to student

(\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
Contact's phone number

\_\_\_\_\_  
Name of contact

\_\_\_\_\_  
Relationship to student

(\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
Contact's phone number

\_\_\_\_\_  
Name of contact

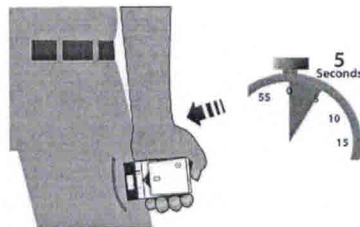
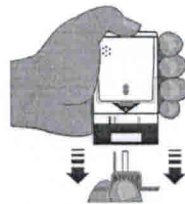
\_\_\_\_\_  
Relationship to student

(\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
Contact'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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## 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.

