Food Allergy Action Plan

Emergency Care Plan

Name: ____________________________________  D.O.B.: / /

Allergy to: ____________________________________

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

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 ingestion:

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

MILD SYMPTOMS ONLY:

MOUTH:  Itchy mouth

SKIN:  A few hives around mouth/face, mild itch

GUT:  Mild nausea/discomfort

**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 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.

Parent/Guardian Signature ____________________  Date __________  Physician/Healthcare Provider Signature ____________________  Date __________

**Turn Form Over**  Form provided courtesy of the Food Allergy & Anaphylaxis Network (www.foodallergy.org) 9/2011
EPIPEN Auto-Injector and EPIPEN Jr Auto-Injector Directions

- First, remove the EPIPEN 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 the EPIPEN Auto-Injector and massage the area for 10 more seconds

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.

A food allergy response kit should contain at least two doses of epinephrine, other medications as noted by the student’s physician, and a copy of this Food Allergy Action Plan.

A kit must accompany the student if he/she is off school grounds (i.e., field trip).

Contacts

Call 911 (Rescue squad: (___) _____-__________) Doctor: __________________________
Parent/Guardian: _____________________________________________________________
Phone: (___) _____-__________

Other Emergency Contacts

Name/Relationship: _____________________________________________________________
Phone: (___) _____-__________
Name/Relationship: _____________________________________________________________
Phone: (___) _____-__________