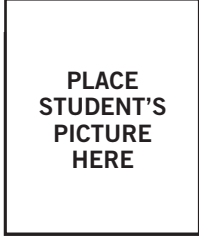


Food Allergy Action Plan

Name: _____ D.O.B.: _____

Allergy to: _____










A special table is requested

For a suspected or active food allergy reaction:

FOR ANY OF THE FOLLOWING

SEVERE SYMPTOMS

If checked, give epinephrine immediately if the allergen was definitely eaten, even if there are no symptoms.

			
LUNG	HEART	THROAT	MOUTH
Short of breath, wheezing, repetitive cough	Pale, blue, faint, weak pulse, dizzy	Tight, hoarse, trouble breathing/ swallowing	Significant swelling of the tongue and/or lips
			OR A COMBINATION of mild or severe symptoms from different body areas.
SKIN	GUT	OTHER	
Many hives over body, widespread redness	Repetitive vomiting or severe diarrhea	Feeling something bad is about to happen, anxiety, confusion	





NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. Use **Epinephrine**.

- INJECT EPINEPHRINE IMMEDIATELY.**
- Call 911.** Request ambulance with epinephrine.
 - Consider giving additional medications (following or with the epinephrine):
 - » Antihistamine
 - » Inhaler (bronchodilator) if asthma
 - Lay the student flat and raise legs. 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 student to ER even if symptoms resolve. Student should remain in ER for 4+ hours because symptoms may return.

NOTE: WHEN IN DOUBT, GIVE EPINEPHRINE.

MILD SYMPTOMS

If checked, give epinephrine immediately for ANY symptoms if the allergen was likely eaten.

	
NOSE	MOUTH
Itchy/runny nose, sneezing	Itchy mouth
	
SKIN	GUT
A few hives, mild itch	Mild nausea/discomfort

↓ ↓ ↓

- GIVE ANTIHISTAMINES, IF ORDERED BY PHYSICIAN**
- Stay with student; alert emergency contacts.
- Watch student closely for changes. If symptoms worsen, **GIVE EPINEPHRINE**.

MEDICATIONS/DOSES

Epinephrine: Epi Pen 0.3 mg Epi Pen 0.15 mg
 Auvi-Q 0.3 mg Auvi-Q 0.15 mg
 Adrenalclik 0.3 mg Adrenalclik 0.15 mg

Antihistamine: Benadryl
 6.25 mg 12.5 mg 18.75 mg 25 mg 50 mg

Other: _____

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

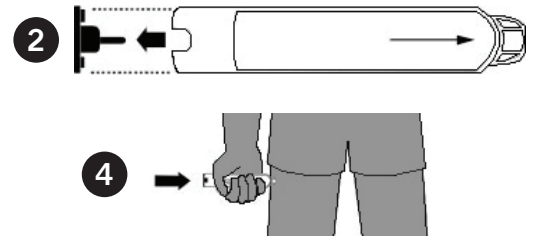
Physician/Provider Signature

Parent Signature

Principal Signature

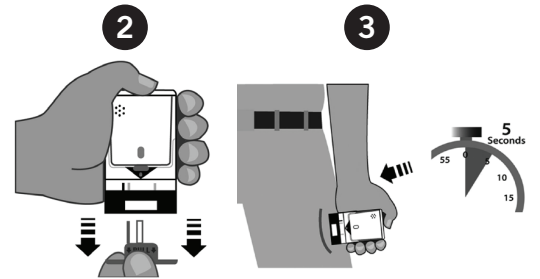
EPIPEN® (EPINEPHRINE) AUTO-INJECTOR DIRECTIONS

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.



AUVI-Q™ (EPINEPHRINE INJECTION, USP) DIRECTIONS

1. Remove the outer case of Auvi-Q. This will automatically activate the voice instructions.
2. Pull off red safety guard.
3. Place black end against mid-outer thigh.
4. Press firmly and hold for 5 seconds.
5. Remove from thigh.



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.):

- The school may post this form in a visible location.
- If the patient presents to the emergency department, please monitor the patient for a biphasic reaction for at least ____ hours.
- Two doses of Epinephrine should be kept at school in case a repeat dose is needed.
- The student is capable and has been instructed in the proper method of self administering the medications named above and may carry the medicines during school hours.

Treat student before calling Emergency Contacts. The first signs of a reaction can be mild, but symptoms can get worse quickly.

EMERGENCY CONTACTS — CALL 911

RESCUE SQUAD: _____

DOCTOR: _____ PHONE: _____

PARENT/GUARDIAN: _____ PHONE: _____

OTHER EMERGENCY CONTACTS

NAME/RELATIONSHIP: _____

PHONE: _____

NAME/RELATIONSHIP: _____

PHONE: _____