

ALLERGY ACTION PLAN

Student's

Name: _____ D.O.B: _____ Teacher: _____

Place
Child's Picture
Here

ALLERGY TO: _____

Asthmatic: Yes* No *Higher risk for severe reaction.

◆ **STEP 1: TREATMENT** ◆

Symptoms:

- If a food allergen has been ingested, but *no symptoms*:
- Mouth Itching, tingling, or swelling of lips, tongue, mouth
- Skin Hives, itchy rash, swelling of the face or extremities
- Gut Nausea, abdominal cramps, vomiting, diarrhea
- Throat † Tightening of throat, hoarseness, hacking cough
- Lung † Shortness of breath, repetitive coughing, wheezing
- Heart † Thready pulse, low blood pressure, fainting, pale, blueness
- Other † _____
- If reaction is progressing (several of the above areas affected), give

Give Checked Medication:**

** (To be determined by physician authorizing treatment)

- Epinephrine Antihistamine
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The severity of symptoms can quickly change. †Potentially life-threatening.

DOSAGE:

Epinephrine: give _____
medication / dose / route

Antihistamine: give _____
medication / dose / route

Other: give _____
medication / dose / route

IMPORTANT: Asthma inhalers and/or antihistamines cannot be depended on to replace epinephrine in anaphylaxis.

◆ **STEP 2: EMERGENCY CALLS** ◆

1. Call 911. State that an allergic reaction has been treated, and additional epinephrine may be needed.

EVEN IF PARENT/GUARDIAN CAN'T BE REACHED, DO NOT HESITATE TO MEDICATE OR TAKE CHILD TO MEDICAL FACILITY!

Emergency contacts:

Name / Relationship Telephone #

- a. _____ 1) _____ 2) _____
- b. _____ 1) _____ 2) _____
- c. _____ 1) _____ 2) _____

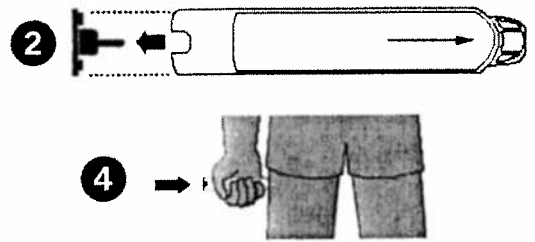
Doctor _____ at _____

Doctor's Signature (Required) _____ Date _____

Parent/Guardian authorization signature (Required) _____ Date _____

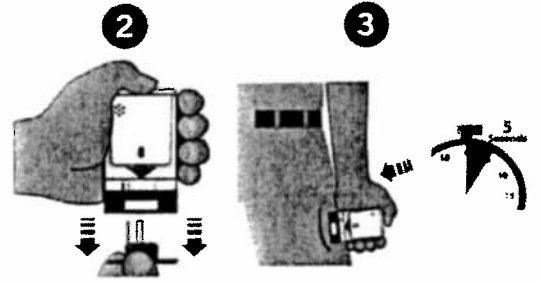
EPIPEN® (EPINEPHRINE) AUTO-INJECTOR DIRECTIONS

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.



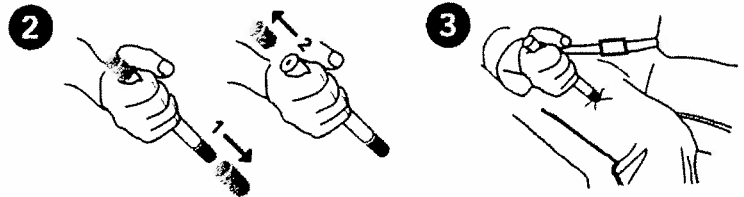
AUVI-Q™ (EPINEPHRINE INJECTION, USP) DIRECTIONS

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.):