

ALLERGY/ ANAPHYLAXIS ACTION PLAN

Student Name: _____ DOB: _____ Teacher: _____

Health Care Provider: _____ Phone: _____

History of Asthma: ____ No ____ Yes - Higher risk for severe reaction

Allergy: (check appropriate) **To be completed by Health Care Provider**

- Foods (list):
- Medications (list):
- Latex: Circle: Type I (anaphylaxis) Type IV (contact dermatitis)
- Stinging insects (list):

Recognition and Treatment

Chart to be completed by Health Care Provider ONLY		Give CHECKED Medication	
<i>If food ingested or contact with allergen occurs:</i>		EpiPen	Antihistamine
No symptoms notes	<input type="checkbox"/> Observe for other 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 BP, fainting, pale, blueness		
Neuro ⁺	Disorientation, dizziness, loss of conscience		
If reaction is progressing (several of the above areas affected), GIVE:			
The severity of symptoms can quickly change. ⁺ Potentially life-threatening.			

Dosage:

Epinephrine: Inject into outer thigh EpiPen 0.3mg OR EpiPen Jr. 0.15mg (see reverse for instructions)

Antihistamine: Benadryl _____ mg. To be given by mouth *only if able to swallow.*

Other: _____

- This child has received instruction in the proper use of the EpiPen. It is my professional opinion that this student SHOULD be allowed to carry and use the EpiPen independently. The child knows when to request antihistamine and has been advised to inform a responsible adult if the EpiPen is self-administered.
- It is my professional opinion that this student SHOULD NOT carry the EpiPen.

Health Care Provider Signature: _____

Phone: _____ Date: _____

EMERGENCY CALLS

1. **Call 911.** State that an allergic reaction has been treated, and additional epinephrine may be needed.
2. Call parents/ guardian to notify of reaction, treatment, and student's health status.