

FOOD/ OTHER ALLERGY ACTION PLAN

Name: _____ DOB: _____ Grade: _____

Allergy to: _____ Teacher: _____

Weight: _____ lbs. Asthma [] Yes (higher risk for severe reaction) [] No

NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction (USE EPINEPHRINE)

Extremely Reactive to the following foods/allergens: _____

THEREFORE:

[] If checked, give epinephrine immediately for symptoms of severe allergy/anaphylaxis if the allergen was likely eaten or exposure. (ie: bee stings)

[] If checked, give epinephrine immediately if the allergen was definitely eaten or exposure (ie: bee stings), even if no symptoms are noted

FOR ANY OF THE FOLLOWING SEVERE SYMPTOMS



LUNG

Short of breath,
wheezing,
repetitive cough



HEART

Pale, blue,
faint, weak
pulse, dizzy



THROAT

Tight, hoarse,
trouble
breathing/
swallowing



MOUTH

Significant
swelling of the
tongue and/or lips



SKIN

Many hives over
body, widespread
redness



GUT

Repetitive
vomiting, severe
diarrhea



OTHER

Feeling
something bad is
about to happen,
anxiety, confusion

OR A
COMBINATION
of symptoms
from different
body areas.

1. INJECT EPINEPHRINE IMMEDIATELY
2. Call 911. Tell them the child is having anaphylaxis and may need epinephrine when they arrive
 - Consider giving additional medications following epinephrine
 - Antihistamine
 - Inhaler (bronchodilator) if wheezing
 - Lay person flat, raise legs and keep warm. 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 last dose.
 - Alert emergency contacts
 - Transport them to ER even if symptoms resolve. Person should remain in ER for at least 4 hours because symptoms may return.

FOR ANY OF THE FOLLOWING MILD SYMPTOMS



NOSE

Itchy/runny
nose,
sneezing



MOUTH

Itchy mouth



SKIN

A few hives,
mild itch



GUT

Mild nausea/
discomfort

FOR MILD SYMPTOMS FROM MORE THAN
ONE SYSTEM AREA, GIVE EPINEPHRINE.

FOR MILD SYMPTOMS FROM A SINGLE
SYSTEM AREA, FOLLOW THE
DIRECTIONS BELOW:

1. Antihistamines may be given, if ordered by a healthcare provider.
2. Stay with the person; alert emergency contacts.
3. Watch closely for changes. If symptoms worsen, give epinephrine.

EMERGENCY CONTACTS – 911

Parent/Guardian: _____
Phone: _____

Parent/Guardian: _____
Phone: _____

Name/Relationship: _____
Phone: _____

Parent/Guardian Authorization Signature

Date

Physician Authorization Signature

Date