

# Allergy and Anaphylaxis Emergency Plan

Child's name: \_\_\_\_\_ School Year: \_\_\_\_\_

Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ Weight: \_\_\_\_\_ lbs

Child has allergy to \_\_\_\_\_

- Yes  No – **Child has asthma** (If yes, higher chance severe reaction).  
 Yes  No – **Child has had anaphylaxis**.  
 Yes  No – **Child may carry medicine** (Middle & High School Students only).  
 Yes  No – **Child may give him/herself medicine** (If child refuses/is unable to self-treat, an adult must give medicine).

**IMPORTANT REMINDER:**

**Anaphylaxis is a potentially life-threatening, severe allergic reaction. If in doubt, give epinephrine.**

**For Severe Allergy and Anaphylaxis**

What to look for:

If child has ANY of these severe symptoms after eating the food or having a sting, **give epinephrine**.

- Shortness of breath, wheezing, or coughing
- Skin color is pale or has a bluish color
- Weak pulse
- Fainting or dizziness
- Tight or hoarse throat
- Trouble breathing or swallowing
- Swelling of lips or tongue that bother breathing
- Vomiting or diarrhea (if severe or combined with other symptoms)
- Many hives or redness over body
- Feeling of "doom," confusion, altered consciousness, or agitation

**SPECIAL SITUATION:** If this box is checked, child has an extremely severe allergy to an insect sting or the following food(s): \_\_\_\_\_.  
 Even if child has MILD symptoms after a sting or eating these foods, **give epinephrine**.

**Give epinephrine!**

What to do:

- 1) Inject epinephrine right away!
  - Note time epinephrine was given.
- 2) Call 911
  - Inform EMS of time epinephrine was given for allergic reaction.
- 3) Stay with child and:
  - Keep child lying on back with legs elevated.
  - If the child vomits or has trouble breathing, have child lay on his or her side.
  - **Give a second dose of epinephrine, if symptoms get worse, continue, or do not get better in 5 minutes.**
- 4) Give other medicine, if prescribed. Do not use other medicine in place of epinephrine.
  - Antihistamine
  - Inhaler/bronchodilator
- 5) Have a second adult contact child's parents.
  - Inform parents of plan

**For Mild Allergic Reaction**

What to look for:

If child has had any mild symptoms, monitor child. Symptoms may include:

- Itchy nose, sneezing, itchy mouth
- A few hives
- Mild stomach nausea or discomfort

**Monitor Child**

What to do:

Stay with child and:

- **Give antihistamine** (if prescribed).
- Watch child closely
- Call parents, child needs to be picked up

NOTE: If symptoms of severe allergy/anaphylaxis develop, use epinephrine (See "For Severe Allergy and Anaphylaxis")

**Medicines/Doses:**

Epinephrine Injection Type: \_\_\_\_\_ Dose:  0.15mg -or-  0.3mg

Oral Antihistamine Type & Dose: \_\_\_\_\_

Other Medication Type, Dose & Frequency (ex: Inhaler for asthma): \_\_\_\_\_

\_\_\_\_\_  
**Physician/HCP Authorization Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Parent/Guardian Authorization Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**School Nurse Authorization Signature**

\_\_\_\_\_  
**Date**