

Severe Allergy Action Plan

ALLERGY TO: _____

Student's Name: _____ D.O.B. _____

Room: _____ Asthmatic Yes* No *High risk for severe reaction

Place
Child's
Picture
Here

► SIGNS OF AN ALLERGIC REACTION ◀

Systems:

Symptoms:

MOUTH
THROAT*
SKIN
GUT
LUNG*
HEART*

itching and swelling of the lips, tongue or mouth
itching and/or a sense of tightness in the throat, hoarseness, and a hacking cough
hives, itchy rash and/or swelling about the face or extremities, flushing
nausea, abdominal cramps, vomiting and/or diarrhea
shortness of breath, repetitive coughing, and/or wheezing
"thready" pulse, "passing out"

The severity of the symptoms can change quickly. *All above symptoms can potentially progress to a life-threatening situation.

► ACTION FOR MINOR REACTION ◀

1. If only symptom(s) are: _____, give _____
(medication/ dosage)

Then call:

2. Mother _____, Father _____, or emergency contacts.

3. Doctor _____ at _____.

If condition does not improve within 10 minutes, follow steps for Major Reaction below.

► ACTION FOR MAJOR REACTION ◀

1. If the following symptom(s) occur: _____,

Give _____ IMMEDIATELY!
(medication/ dosage)

Then call:

2. Rescue Squad (ask for advanced life support)

3. Mother _____, Father _____, or emergency contacts.

4. Doctor _____ at _____.

DO NOT HESITATE TO CALL RESCUE SQUAD!

Parent's Signature _____ Date _____

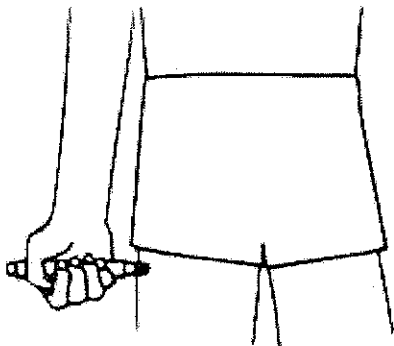
Doctor's Signature (optional) _____ Date _____

EMERGENCY CONTACTS	TRAINED STAFF MEMBERS
1. _____	1. _____
Relationship: _____	Room: _____
Phone: _____	_____
2. _____	2. _____
Relationship: _____	Room: _____
Phone: _____	_____
3. _____	3. _____
Relationship: _____	Room: _____
Phone: _____	_____

How to Use an Epinephrine Auto-Injector

1. Pull off blue safety cap

2. Place orange tip on outer thigh (always apply to thigh)



3. Using a swing and jab motion, press hard into thigh until Auto-Injector mechanism functions. Hold in place and count to 10. The EpiPen® unit should then be removed. Massage the injection area for 10 seconds.

4. Once EpiPen® is used, call the Rescue Squad. State additional epinephrine may be needed. Take the used unit with you to the Emergency Room. Plan to stay for observation at the Emergency Room for at least 4 hours.