

# ANAPHYLAXIS ACTION PLAN

Student Photo Here

Student Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Grade \_\_\_\_\_

To be completed by a medical practitioner:

Allergic to \_\_\_\_\_

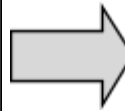
Asthma  Yes  No

Effective Date: School Year 20 \_\_\_\_\_ - \_\_\_\_\_ (including summer school, if applicable)

## For ANY of the following **SEVERE SYMPTOMS**:

**LUNG:** Short of breath, wheeze, repetitive cough  
**HEART:** Pale, blue, faint, weak pulse, dizzy, confused  
**THROAT:** Tight, hoarse, trouble breathing/swallowing  
**MOUTH:** Obstructive swelling (tongue and/or lips)  
**SKIN:** Hives, itchy rashes, swelling (e.g., eyes, lips)  
**GUT:** Vomiting, diarrhea, cramps

*Severity of symptoms can change quickly. \*Some symptoms can be life-threatening. ACT FAST!*



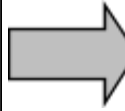
## 1. INJECT EPINEPHRINE IMMEDIATELY!

Medication: \_\_\_\_\_  
Dose: \_\_\_\_\_  
2. **Call 911.** Note time epinephrine was given.  
3. Keep student calm and seated.  
4. Monitor student's condition and provide first aid if necessary.  
5. **If symptoms don't improve within \_\_\_\_\_ minutes, give second dose of epinephrine (if available.)**  
6. Additional medicine (if any):  
Medication: \_\_\_\_\_  
Dose: \_\_\_\_\_

## For MILD SYMPTOMS ONLY:

**MOUTH:** Itchy mouth  
**SKIN:** A few hives around mouth/face, mild itch  
**GUT:** Mild nausea/discomfort

**IF MORE THAN ONE MILD SYMPTOM, GIVE EPINEPHRINE.**



## 1. Administer antihistamine\*

Medication \_\_\_\_\_  
Dose \_\_\_\_\_  
2. Additional medicine if any:  
Medication \_\_\_\_\_  
Dose \_\_\_\_\_  
3. Stay with student and monitor symptoms.  
4. **If symptoms don't improve or get worse move on to Severe Symptom treatment.**  
5. Call parent and School Nurse

\*Antihistamines such as loratadine, fexofenadine, and cetirizine are not considered fast-acting medications and are not appropriate for early treatment of possible anaphylaxis.

**YES**  **NO** Student understands anaphylaxis AND has successfully demonstrated epinephrine delivery. Student *may* self-carry epinephrine device while at school and during school sponsored events.

**ALL STUDENT'S EMERGENCY MEDICATIONS MUST BE EASILY ACCESSIBLE AT ALL TIMES.  
EMERGENCY MEDICATIONS MUST ACCOMPANY STUDENT ON ALL TRIPS AWAY FROM THE BUILDING.**

To be completed by parent/guardian:

- YES**  **NO** My student needs to sit at an allergy aware table for lunch.  
 **YES**  **NO** Contact me for directions on special occasion treats; I will also supply a safe snack box.  
 **YES**  **NO** My student *may* eat treats with wording such as "may contain, processed in a facility or made on shared equipment."

**PARENT/GUARDIAN SIGNATURE** \_\_\_\_\_ Phone \_\_\_\_\_ Date \_\_\_\_\_

I hereby give permission to staff designated by the school principal or nurse to give the above medication to my student according to the instructions stated above and authorize them to contact the practitioner, if necessary.

**PRACTITIONER SIGNATURE** \_\_\_\_\_ Phone \_\_\_\_\_ Date \_\_\_\_\_

Practitioner signature directs the above medication administration and indicates willingness to communicate with school staff regarding this medication.

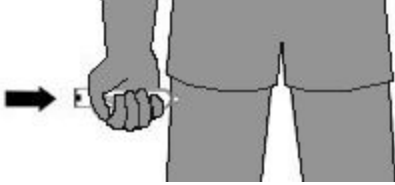
## Epinephrine Injection Instructions

### EPIPEN® AUTO-INJECTOR DIRECTIONS

1. Remove the EpiPen Auto-Injector from the clear carrier tube.
2. Remove the blue safety release by pulling straight up without bending or twisting it.



3. Swing and firmly push orange tip against mid-outer thigh until it 'clicks'.
4. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).



5. Remove auto-injector from the thigh and massage the injection area for 10 seconds.

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### ADRENALICK® (EPINEPHRINE INJECTION, USP) AUTO-INJECTOR 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 enters thigh.
5. Hold in place for 10 seconds. Remove from thigh.

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### AUVI-Q DIRECTIONS

AUVI-Q contains an electronic voice instruction system to help guide you.



1. Pull AUVI-Q up from the outer case.



2. Pull RED safety guard firmly down and off AUVI-Q.



3. Place black end of AUVI-Q against the middle of the outer thigh (through clothing, if needed), then push firmly until you hear a click and hiss sound, and hold in place for two seconds. **ONLY** inject into the middle of the outer thigh. **DO NOT** inject into any other part of the body.

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### ADMINISTRATION AND SAFETY INFORMATION FOR ALL AUTO-INJECTORS:

1. Do not put your thumb, fingers or hand over the tip of the auto-injector or inject into any body part other than mid-outer thigh.  
In case of accidental injection, go immediately to the nearest emergency room.
2. If administering to a young child, hold their leg firmly in place before and during injection to prevent injuries.
3. Epinephrine can be injected through clothing if needed.
4. Call 911 immediately after injection.