

ALLERGY ACTION PLAN

Health Room Fax #: (704) 368-1078

STUDENT

First: _____
Last: _____
DOB: _____ Grade: _____

PARENT

Parent's Names: _____
Parent Cells: _____
Emergency Contact & Cell: _____
(other than parent)

→ PARENT SIGNATURE: _____ DATE: _____

TO BE COMPLETED BY PHYSICIAN

ALLERGIC TO: _____

Extremely reactive to the following allergens: _____

THEREFORE: ____ If checked, give epinephrine immediately if the allergen was **LIKELY** eaten, for **ANY** symptoms.

____ If checked, give epinephrine immediately if the allergen was **DEFINITELY** eaten, even if no symptoms are apparent.

MEDICATIONS

Epinephrine Dose:
____ 0.15 mg IM ____ 0.3 mg IM
____ 1 mg IN (Intranasal) ____ 2 mg IN

Antihistamine:
Benadryl Zyrtec Other: _____
Antihistamine Dose: _____

Other Medication (e.g Inhaler if wheezing): _____

MILD SYMPTOMS



NOSE

Itchy or
runny nose,



MOUTH

Itchy
mouth



SKIN

A few hives,
mild itch



GUT

Mild nausea
or 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.

SEVERE SYMPTOMS (FOR ANY OF THE FOLLOWING)



LUNG

Shortness of
breath, wheezing,
repetitive cough



HEART

Pale or bluish skin,
faintness, weak
pulse,



THROAT

Tight or hoarse
throat, trouble
breathing or



MOUTH

Significant
swelling of the
tongue or lips



SKIN

Many hives over
body, widespread
redness



GUT

Repetitive vomiting,
severe diarrhea



OTHER

Feeling something
bad is about to
happen, anxiety,

OR A COMBINATION

of symptoms from
different body
areas

1. INJECT EPINEPHRINE IMMEDIATELY.
2. CALL 911. Tell emergency dispatcher the person is having anaphylaxis.
 - Give additional medications following epinephrine as ordered by physician: (Antihistamine OR Inhaler (bronchodilator) if wheezing)
 - Lay the 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 five minutes or more after the last dose.
 - Alert emergency contacts.
 - Transport patient to ER, even if symptoms resolve.

→ **IF CHECKED STUDENT WILL SELF-CARRY EPI PEN.**

This student is capable and has been instructed in the proper method of self-administering medications named above. Middle and upper school students should self-carry their emergency medication during the school day, field trips, sports activities, Winterim and Senior Trip.

→ PHYSICIAN SIGNATURE: _____ DATE: _____
PHYSICIAN NAME PRINTED: _____ PHONE: _____