

APPENDIX C: ALLERGY ACTION PLAN

Allergy Action Plan

STUDENT NAME: _____ D.O.B: _____ Teacher: _____

ALLERGY TO: _____

MEDICATION LOCATED: On Student In Classroom or Child Care w/Teacher School Office

(circle all that apply)

Asthmatic Yes* No * Higher risk for severe reaction

STEP 1: TREATMENT

Symptoms:		Give Checked Medication**:	
		**(To be determined by physician authorizing treatment)	
If a food allergen has been ingested, but no symptoms:		Epinephrine	Antihistamine
Mouth:	Itching, tingling, or swelling of lips, tongue, mouth	Epinephrine	Antihistamine
Skin:	Hives, itchy rash, swelling of the face or extremities	Epinephrine	Antihistamine
Gut	Nausea, abdominal cramps, vomiting, diarrhea	Epinephrine	Antihistamine
Throat†	Tightening of throat, hoarseness, hacking cough	Epinephrine	Antihistamine
Lung†	Shortness of breath, repetitive coughing, wheezing	Epinephrine	Antihistamine
Heart†	Weak or thread pulse, low blood pressure, fainting, pale, blueness	Epinephrine	Antihistamine
Other†		Epinephrine	Antihistamine
If reaction is progressing (several of the above areas affected), give:		Epinephrine	Antihistamine

†Potentially life-threatening. The severity of symptoms can quickly change.

DOSAGE

Epinephrine: inject intramuscularly (circle one) EpiPen® EpiPen® Jr. Twinject® 0.3 mg Twinject® 0.15 mg
(see reverse side for instructions)

Antihistamine: give _____
medication/dose/route

Other: give _____
medication/dose/route

IMPORTANT: Asthma inhalers and/or antihistamines cannot be depended on to replace epinephrine in anaphylaxis.

STEP 2: EMERGENCY CALLS

1. Call 911. State that an allergic reaction has been treated, and additional epinephrine may be needed.	
2. Dr:	Phone # :
3. Parent:	Phone # :
4. Emergency contacts:	
Name/Relationship	Phone # :
a. _____ 1.) _____ 2.) _____	
b. _____ 1.) _____ 2.) _____	
EVEN IF PARENT/GUARDIAN CANNOT BE REACHED, DO NOT HESITATE TO MEDICATE OR TAKE CHILD TO MEDICAL FACILITY!	

Parent/Guardian's Signature _____

Date: _____

Doctor's Signature _____

Date: _____