

FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

Weight:lbs. Asthma: Yes (higher risk for a severe reaction) No NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. USE EPINEPHRINE. Extremely reactive to the following allergens:	PLACE PICTURE HERE		Name: D.O.B.:						
Extremely reactive to the following allergens:	TIERE	l	k for a severe rea	\Box Yes (higher ris	Ibs. Asthma:	Weight:			
THEREFORE: I f checked, give epinephrine immediately if the allergen was LIKELY eaten, for ANY symptoms. I f checked, give epinephrine immediately if the allergen was DEFINITELY eaten, even if no symptoms are apparent. FOR ANY OF THE FOLLOWING: SEVERE SYMPTOMS UNICONSTRUCTIONS FOR ANY OF THE FOLLOWING: SEVERE SYMPTOMS FIREAT Shortness of breath, wheezing, repetitive cough From trinspondent for the symptom set of the		NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. USE EPINEPHRINE.							
☐ If checked, give epinephrine immediately if the allergen was DEFINITELY eaten, even if no symptoms are apparent. FOR ANY OF THE FOLLOWING: SEVERE SYMPTOMS UNG LUNG Shortness of breath, wheezing, repetitive cough							THEREFORE:		
SEVERE SYMPTOMS SEVERE SYMPTOMS LUNG Shortness of breath, wheezing, repetitive cough Shortness, weak pulse, Shortness,		ıt.		-	-				
LUNGHEARTTHROATMOUTHShortness of breath, wheezing, repetitive coughPale or bluish skin, faintness, weak pulse,Tight or hoarse throat, trouble breathing orSignificant swelling of the tongue or lipsItchy or runny nose, sneezingItchy mouth mild itch nausea sneezingA few hives, mild itch discomf	MS		MILD SYMPTON				S		
	or	,	Itchy or Itchy mouth A few hives runny nose, mild itch	Significant swelling of the	Tight or hoarse throat, trouble	Pale or bluish skin, faintness,	Shortness of breath, wheezing,		
Image: Skin skin skin skin skin skin skin skin s		PHRINE.	SYSTEM AREA, GIVE EPINEP For mild symptoms from a sin	OR A Combination	swallowing	dizziness			
Many hives over body, widespread redness Repetitive diarrhea Body areas. about to happen, anxiety, confusion Repetitive diarrhea Repetitive diarrhea Repetitive diarrhea Repetitive diarrhea Repetitive diarrhea Repetitive diarrhea Repetitive diarrhea Repetitive diarrhea Repetitive diarrhea Repetitive Repetiti	ered by a cy contacts.	healthcare provider.2. Stay with the person; alert emergen3. Watch closely for changes. If symptom	body areas.	something bad is about to happen, anxiety, confusion J J	vomiting, severe diarrhea	body, widespread redness			
 INJECT EPINEPHRINE IMMEDIATELY. Call 911. Tell emergency dispatcher the person is having anaphylaxis and may need epinephrine when emergency responders 		SES	MEDICATIONS/DO	naving	patcher the person is	2. Call 911. To anaphylaxis a			
Consider giving additional medications following epinephrine: Antihistamine Epinephrine Dose: 0.1 mg IM 0.15 mg IM 0.3 mg	Epinephrine Brand or Generic:			 Antihistamine 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. 					
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 5 minutes or more after the last dose. Alert emergency contacts. 									
Transport patient to ER, even if symptoms resolve. Patient should remain in ER for at least 4 hours because symptoms may return.									

DATE

FORM PROVIDED COURTESY OF FOOD ALLERGY RESEARCH & EDUCATION (FARE) (FOODALLERGY.ORG) 5/2020



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HOW TO USE AUVI-Q® (EPINEPHRINE INJECTION, USP), KALEO

- 1. Remove Auvi-Q from the outer case. Pull off red safety guard.
- 2. Place black end of Auvi-Q against the middle of the outer thigh.
- 3. Press firmly until you hear a click and hiss sound, and hold in place for 2 seconds.
- 4. Call 911 and get emergency medical help right away.



- 1. Remove the EpiPen® or EpiPen Jr® Auto-Injector from the clear carrier tube.
- 2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward. With your other hand, remove the blue safety release by pulling straight up.
- 3. Swing and push the auto-injector firmly into the middle of the outer thigh until it 'clicks'. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
- 4. Remove and massage the injection area for 10 seconds. Call 911 and get emergency medical help right away.

HOW TO USE IMPAX EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF ADRENACLICK[®]), USP AUTO-INJECTOR, AMNEAL PHARMACEUTICALS

- 1. Remove epinephrine auto-injector from its protective carrying case.
- 2. Pull off both blue end caps: you will now see a red tip. Grasp the auto-injector in your fist with the red tip pointing downward.
- 3. Put the red tip against the middle of the outer thigh at a 90-degree angle, perpendicular to the thigh. Press down hard and hold firmly against the thigh for approximately 10 seconds.
- 4. Remove and massage the area for 10 seconds. Call 911 and get emergency medical help right away.

HOW TO USE TEVA'S GENERIC EPIPEN® (EPINEPHRINE INJECTION, USP) AUTO-INJECTOR, TEVA PHARMACEUTICAL INDUSTRIES

- 1. Quickly twist the yellow or green cap off of the auto-injector in the direction of the "twist arrow" to remove it.
- 2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward. With your other hand, pull off the blue safety release.
- 3. Place the orange tip against the middle of the outer thigh at a right angle to the thigh.
- 4. Swing and push the auto-injector firmly into the middle of the outer thigh until it 'clicks'. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
- 5. Remove and massage the injection area for 10 seconds. Call 911 and get emergency medical help right away.

HOW TO USE SYMJEPI™ (EPINEPHRINE INJECTION, USP)

- 1. When ready to inject, pull off cap to expose needle. Do not put finger on top of the device.
- 2. Hold SYMJEPI by finger grips only and slowly insert the needle into the thigh. SYMJEPI can be injected through clothing if necessary.
- 3. After needle is in thigh, push the plunger all the way down until it clicks and hold for 2 seconds.
- 4. Remove the syringe and massage the injection area for 10 seconds. Call 911 and get emergency medical help right away.
- 5. Once the injection has been administered, using one hand with fingers behind the needle slide safety guard over needle.

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.

OTHER DIRECTIONS/INFORMATION (may self-carry epinephrine, may self-administer epinephrine, etc.):

Treat the person before calling emergency contacts. The first signs of a reaction can be mild, but symptoms can worsen quickly.

EMERGENCY CONTACTS — CALL 911 OTHER EMERGENCY CONTACTS RESCUE SQUAD: NAME/RELATIONSHIP: PHONE: DOCTOR: PHONE: NAME/RELATIONSHIP: PHONE: PARENT/GUARDIAN: PHONE: NAME/RELATIONSHIP: PHONE:

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