

Name: _____

D.O.B.: _____

Allergy _____

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:

_____ 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.

FOR ANY OF THE FOLLOWING:

SEVERE SYMPTOMS



LUNG

Short of Breath,
Wheezing,
Repetitive cough



HEART

Pale, Blue, Faint
weak pulse, dizzy



THROAT

Tight, hoarse,
trouble
breathing/swallow



MOUTH

Significant swelling
tongue/and or lips



SKIN

Many hives over
Body, widespread
Redness



GUT

Repetitive vomiting
severe diarrhea



OTHER

Feeling of doom,
anxiety, confusion

**OR A
COMBINATION**

of symptoms
from different
body areas



1. **INJECT EPINEPHRINE IMMEDIATELY.**
2. **Call 911.** Tell emergency dispatcher the person is having anaphylaxis and may need epinephrine when emergency responders arrive.
- Consider giving additional medications following epinephrine:
 - » 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.
- 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.

Physician/HCP _____ Date: _____

Parent/Guardian _____ Date: _____

MILD SYMPTOMS



NOSE

Itchy/Runny
Nose, sneezing



MOUTH

Itchy Mouth



SKIN

A few hives
mild itch



GUT

Mild Nausea/
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.

MEDICATIONS/DOSES

Epinephrine Brand or Generic: _____

Epinephrine Dose: [] 0.15 mg IM [] 0.3 mg IM

Antihistamine: _____

Other (e.g., inhaler-bronchodilator if wheezing): _____

Student May Self Administer: () Yes () No