

Student's Name: \_\_\_\_\_

DOB: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_

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

Does the student have asthma?  Yes\*  No \*Higher risk for severe reaction

**Medication/Dosage**

**Epinephrine:** Inject into thigh (circle one) EpiPen® EpiPen® Jr. AuviQ Adrenaclick

**Antihistamine or other medication:** give \_\_\_\_\_  
Medication/dose/route

**Student has been instructed and may administer their own epinephrine:** Yes  No

**Plan of Care**

If student has ingested the food allergen or has been stung by the allergen, but NO SYMPTOMS are present, then (check all that apply):

- Administer Antihistamine  Administer epinephrine
- Monitor student and treat according to the development of the following symptoms:

**MILD SYMPTOMS ONLY:**  
 MOUTH: Itching or tingling to the mouth or face  
 SKIN: A few hives around mouth/face, mild itch or tingling. Hives, redness or welts without generalized swelling



1. **GIVE ANTIHISTAMINE**
2. Stay with student; contact parent(s) or guardian(s)
3. If symptoms progress (see below) USE EPINEPHRINE.
4. Monitor student

**Any SEVERE SYMPTOMS:**  
**One or more** of the following:  
 LUNG: Short of breath, wheeze, persistent cough, difficulty talking  
 HEART: Pale, blue, faint, weak pulse, dizzy, confused  
 THROAT: Tight, hoarse, trouble breathing/swallowing  
 MOUTH: Obstructive swelling (tongue and/or lips) SKIN: Many hives over body  
 Or **combination** of symptoms from different body areas:  
 SKIN: Hives, itchy rashes, swelling (e.g., eyes, lips)  
 STOMACH: Vomiting, diarrhea, cramping pain



1. **INJECT EPINEPHRINE IMMEDIATELY**
  2. **Call 911 &** parent(s) or guardian(s)
  3. Begin monitoring (see box below)
  4. Give additional medications:\*  
 -Inhaler (bronchodilator) if asthma
- \*Antihistamines & inhalers/bronchodilators are not to be depended upon to treat a severe reaction (anaphylaxis). **USE EPINEPHRINE**

**Monitoring after administration of epinephrine auto injector:**  
 Stay with student; alert healthcare professionals and parent. Tell EMS epinephrine was given. Note time when epinephrine was administered. A second dose of epinephrine can be given 5 minutes or more after the first if symptoms persist or recur. For a severe reaction, consider keeping student lying on back with legs raised. Treat student even if parents cannot be reached.  
**Even if parent/guardian cannot be reached, do not hesitate to medicate and call 911!**

Other instructions for school personnel: \_\_\_\_\_

Healthcare Provider Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Healthcare Provider name printed: \_\_\_\_\_