

Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

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








Weight: \_\_\_\_\_ lbs.      **Asthma:**  **Yes (higher risk for a severe reaction)**    **No**

**GRADES 7 – 12 ONLY:** Student trained to self-administer and self-carry epinephrine  
 Yes (may need assistance)    No

**NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. USE EPINEPHRINE.**

FOR ANY OF THE FOLLOWING:

## SEVERE SYMPTOMS





 <b>LUNG</b> Shortness of breath, wheezing, repetitive cough	 <b>HEART</b> Pale or bluish skin, faintness, weak pulse, dizziness	 <b>THROAT</b> Tight or hoarse throat, trouble breathing or swallowing	 <b>MOUTH</b> Significant swelling of the tongue or lips
 <b>SKIN</b> Many hives over body, widespread redness	 <b>GUT</b> Repetitive vomiting, severe diarrhea	 <b>OTHER</b> Feeling something bad is about to happen, anxiety, confusion	<b>OR A COMBINATION</b> of symptoms from different body areas

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1. **ADMINISTER 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.

## MILD SYMPTOMS

 <b>NOSE</b> Itchy or runny nose, sneezing	 <b>MOUTH</b> Itchy mouth	 <b>SKIN</b> A few hives, mild itch	 <b>GUT</b> Mild nausea or discomfort
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**FOR MILD SYMPTOMS FROM MORE THAN ONE SYSTEM AREA, GIVE EPINEPHRINE.**

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**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.

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## MEDICATIONS/DOSES

Epinephrine Brand or Generic: \_\_\_\_\_

Epinephrine Dose:

<input type="checkbox"/> 0.1 mg IM (intramuscular)	<input type="checkbox"/> 1mg IN (intranasal)
<input type="checkbox"/> 0.15 mg IM	<input type="checkbox"/> 2mg IN
<input type="checkbox"/> 0.3 mg IM	

Asthma Quick Relief/Rescue Inhaler:      Antihistamine\*:

<input type="checkbox"/> Albuterol _____ puffs	<input type="checkbox"/> Cetirizine _____ mg
<input type="checkbox"/> Albuterol/Budesonide _____ puffs	<input type="checkbox"/> Diphenhydramine _____ mg
	<input type="checkbox"/> Other: _____

\*Use epinephrine first for severe symptoms