ALLERGY AND ANAPHYLAXIS EMERGENCY CARE PLAN

Student Picture

School Year _____ School _____

Student Name: _____ Teacher _____

Date of birth: _____/_____/_____ Age: _____ Weight: _____kg

Child has allergy to: _____

Child has asthma ☐ Yes ☐ No (If yes, higher chance of severe reaction)
Child has had anaphylaxis ☐ Yes ☐ No
Child may carry medicine ☐ Yes ☐ No
Child may give him/herself medicine ☐ Yes ☐ No (If child refuses/is unable to self-treat, an adult must give medicine.

IMPORTANT REMINDER:
Anaphylaxis is a potentially life-threatening, severe allergic reaction. If in doubt, give epinephrine.

For Severe Allergy and Anaphylaxis ➠
What to look for:

If child has ANY of these severe symptoms after eating the food or having a sting, **give epinephrine.**

- Shortness of breath, wheezing, or coughing
- Skin color is pale or has a bluish color
- Weak pulse
- Fainting or dizziness
- Tight or hoarse throat
- Trouble breathing or swallowing
- Swelling of lips or tongue that bother breathing
- Vomiting or diarrhea (if severe or combined with other symptoms)
- Many hives or redness over body
- Feeling of "doom," confusion, altered consciousness, or agitation

☐ **SPECIAL SITUATION:** If this box is checked, child has an extremely severe allergy to an insect sting or the following food(s)_____.
Even if child has MILD symptoms after a sting or eating these foods, give epinephrine.

Give epinephrine!
What to do:

1. Inject epinephrine right away! Note time when epinephrine was given
2. Call 911.
   *Ask for ambulance with epinephrine
   *Tell EMS when epinephrine was given
3. Stay with child
   *Give parents and child's doctor a call
   * Give a second dose of epinephrine, if symptoms get worse, continue, or do not get better in 5 minutes
   *Keep child lying on back. If the child vomits or has trouble breathing, keep child lying on his or her side.
4. Give other medicine, if prescribed. Do not use other medicine in place of epinephrine.
   *Antihistamine
   *Inhaler/bronchodilator

For Mild Allergic Reaction ➠
What to look for:
If child has had any mild symptoms, **monitor child.**
Symptoms may include:

- Itchy nose, sneezing, itchy mouth
- A few hives
- Mild stomach nausea or discomfort

Monitor child
What to do:
Stay with child and:

- Watch child closely.
- Give antihistamine (if prescribed)
- Call Parents and child's doctor.
- If symptoms of severe allergy/anaphylaxis develop, use epinephrine. (See "For Severe Allergy and Anaphylaxis.")

Medicine/Doses

Epinephrine, intramuscular (list type): _____ Dose: ☐ 0.10mg (7.5 kg to 15kg)
☐ 0.15mg (15kg to 25 kg)
☐ 0.30mg (25 kg or more)

Antihistamine, by mouth (type and dose: _____
Other (for example, inhaler/bronchodilator if child has asthma) _____

_____ _____ _____ _____
Parent/Guardian Authorization Signature Date Physician/HCP Authorization Signature Date

_____ _____
School Nurse Authorization Signature Date

6/2025