Darien Public Schools

Department of Health Services

Emergency Care Plan for Food Allergy and Anaphylaxis

Place picture here

Student Name:_____ Date of Birth _____
Physician Name / Title: _____ Physicians Phone _____
Allergy to (list allergens)_____
History* of Anaphylaxis Requiring Epinephrine ___ yes ___ no
*(*note: if there is a history as indicated above, do not depend on antihistamines or inhalers to treat severe reaction; USE EPINEPHRINE)*
History of Asthma: ___ yes ___ no (If yes, higher risk of severe reaction)

For any of the following **SEVERE** Symptoms, such as:

SYSTEMS	SYMPTOMS
Mouth	Significant swelling of the tongue and lips
Throat	Tight, hoarse or repetitive clearing of throat, trouble breathing or swallowing
Skin	Many hives over body, widespread redness
Gut	Repetitive vomiting, severe diarrhea
Lung	Shortness of breath, wheezing, repetitive cough
Heart	Pale or skin, faintness, weak pulse, dizzy

***Anaphylaxis is a potentially life-threatening allergic reaction. If in doubt, GIVE Epinephrine**

ACTION

1. ADMINISTER EPINEPHRINE IMMEDIATELY. Give (CIRCLE ONE).
   Epinephrine JR .15 mg IM or Neffy JR 1 mg Nasal / Epinephrine .3 mg IM or Neffy 2mg nasal.
2. CALL 911. Tell the emergency dispatcher the person is having anaphylaxis, epinephrine was given (provide time), and may need an additional dose when emergency responders arrive.
3. If prescribed, consider giving Antihistamine (Benadryl _____ or Zyrtec _____). *Do not use in place of epinephrine.*
4. Lay student flat, raise legs, and keep warm. If breathing is difficult or the student is vomiting, have them sit up, or lie on their side.
5. If symptoms worsen, persist, or do not get better in 5 minutes, consider giving a second dose of Epinephrine.
6. Alert Emergency Contacts.
7. Transport the student to ER, even if symptoms resolve.

For any of the following **MILD** Symptoms, with suspected exposure to a known allergen, such as:

SYSTEMS	SYMPTOMS
Mouth	Itchy mouth
Skin	A few hives and mild itch
Gut	Mild nausea or discomfort
Nose	Itchy or runny nose, sneezing

***Mild symptoms from more than one system area, give Epinephrine and follow the action plan above.**
*Mild symptoms from a single system, follow the directions below:

1. Administer Antihistamine (Benadryl _____ or Zyrtec _____). Do not use in place of Epinephrine.
2. Stay with the student and observe for changes in symptoms. If symptoms become severe or involve more than one system, **give Epinephrine and follow the action plan above.**
3. Alert Emergency Contact. Do not leave the student until symptoms resolve. If epinephrine is administered, stay with the student until 911 arrives.

_____ _____

Parent Signature *Prescriber Signature (MD/APRN/PA) Date*

Based on information from Foood Allergy Research & Education (FARE) 8/2025 and American Academy of Pediatrics 03/2019
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