



Historial de alergias alimenticias

Nombre del estudiante: _____ Fecha de nacimiento: _____

No. de identificación _____ Grado _____ Escuela _____

Nombres de los padres _____

Tel. casa _____ Cel _____ Trabajo _____

Tel. casa (alternativo) _____ Cel _____ Trabajo _____

Nombre del contacto de emergencia _____ Relación con estudiante _____

Teléfono de casa _____ Cel _____ Trabajo _____

Teléfono del proveedor de atención médica _____

1. El/La estudiante es alérgico(a) a _____
2. ¿Considera que la alergia alimenticia de su estudiante puede ser potencialmente mortal?
☐ No ☐ Sí
3. ¿El/La estudiante tiene asma? ☐ No ☐ Sí
4. ¿El/La estudiante tiene otras condiciones de salud o alergias a medicamentos que debamos considerar? ☐ No ☐ Sí
5. Si es así, por favor explique _____
6. Describa los síntomas de la reacción alérgica del estudiante. _____

7. ¿Su estudiante puede identificar los alimentos que le pudieran causar una reacción? ☐ No ☐ Sí

8. ¿Su estudiante puede reconocer los síntomas de una reacción alérgica? ☐ No ☐ Sí

9. ¿Alguna vez el/la estudiante ha recibido atención médica debido a una reacción alérgica a un alimento? ☐ No ☐ Sí

10. Nombre del proveedor de atención médica _____

Fecha aproximada _____

11. ¿Es necesario algún límite, restricción o precaución en la escuela? ☐ No ☐ Sí

Si es así, por favor explique _____

12. ¿Cómo suelen tratar las alergias alimenticias en casa?

13. ¿El estudiante necesita medicamentos para la alergia en la escuela? ☐ No ☐ Sí, explique abajo

Nombre del medicamento	Cantidad	Cuándo utilizarlo

14. Este es el plan de emergencia para alergias alimenticias del distrito. Si desea que sigamos un plan diferente, solicite a su proveedor de atención médica que redacte órdenes específicas.

Llame al 911 para pedir ayuda si:

-Si se usa una 'EpiPen'

-Se desarrollan síntomas de reacción alérgica

-Padre/Tutor/Estudiante solicita el 911

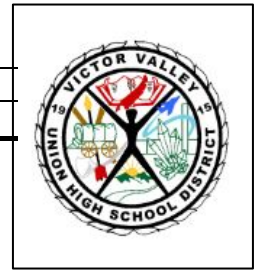
-Las órdenes del médico indican llamar al 911

Firma del padre o tutor

Fecha

Allergy Action Plan

Student Name: _____ Birth Date: _____
 School: _____ Grade: _____ Teacher: _____



ALLERGIC TO THESE ALLERGENS:

- ☐ **Has Asthma** (increases risk for severe reaction)
☐ **Severe Allergy previously/suspected—Immediately give epinephrine & call 911—** Start with Steps 2 & 3
☐ **Mild Allergy – Itching, rash, hives – Give antihistamine, call school nurse and parent. Start with Step 1**

► **STEP 1: IDENTIFICATION OF SYMPTOMS*** ◀

* Send for immediate adult assistance

Symptoms:

- If exposed to allergen, or allergen ingested, but **no symptoms**
- **Mouth** – Itching, tingling, or swelling of lips, tongue, mouth
- **Skin** – Hives, itchy rash, swelling of the face or extremities
- **Gut** – Nausea, abdominal cramps, vomiting, diarrhea
- **Throat** – Tightening of throat, hoarseness, hacking cough
- **Lung**** – Shortness of breath, repetitive coughing, wheezing
- **Heart**** – Faint, pale, blueness around mouth or nail beds, weak pulse, low B/P..
- **Other**** – _____
- If reaction is progressing (several of the above areas affected) give

Type of Medication to Give:

(Determined by physician authorizing treatment)

- | | |
|---|---|
| ☐ Epinephrine | ☐ Antihistamine |
| ☐ Epinephrine | ☐ Antihistamine |
| ☐ Epinephrine | ☐ Antihistamine |
| ☐ Epinephrine | ☐ Antihistamine |
| ☐ Epinephrine | ☐ Antihistamine |
| ☐ Epinephrine | ☐ Antihistamine |
| ☐ Epinephrine | ☐ Antihistamine |
| ☐ Epinephrine | ☐ Antihistamine |

** Potentially life-threatening. – Note: The severity of symptoms can quickly change.

► **STEP 2: GIVE MEDICATIONS** ◀

(Twinject™ NOT Recommended for School Use)

Epinephrine: inject intramuscularly (check one) ☐ EpiPen® ☐ EpiPen Jr® ☐ Twinject™ 0.3 mg ☐ Twinject™ 0.15 mg

- If Epinephrine is given, paramedics must be called! **PROCEED TO STEP 3 BELOW.**

Antihistamine/other: give _____ (Medication name & amount) by _____ (route/method)

- Notify parents and school nurse • Observe for increasing severity of symptoms • Call 911 as needed

IMPORTANT: Do NOT depend on asthma inhalers and/or antihistamines to replace epinephrine in a severe reaction.

EpiPen Directions:

- a. Pull off the GRAY Safety Cap
- b. Place BLACK TIP near OUTER-UPPER THIGH
- c. Swing and jab firmly until hearing or feeling a click
- d. Hold EpiPen in place **10 SECONDS**, remove, massage area
- e. Dispose of in red sharps container or give to paramedics



- The EpiPen can be injected through clothing.
- The individual may feel his/her heart pounding.
- This is a normal reaction to the medication.

► **STEP 3: EMERGENCY CALLS** ◀

1. **CALL 911** – Seek emergency care. State that an allergic reaction has been treated, and additional epinephrine may be needed.
2. Call School Nurse
3. Call Parents or Emergency Contacts

Parent completes Parent and Emergency Contact Names and Information below:

Parents/Emergency Contact Names:	Relationship:	Phone Number(s):
a. _____	1.) _____	2.) () ()
b. _____	1.) _____	2.) () ()

Parent/Guardian Signature _____ **Date** _____
 (Required)

Physician completes form through Step 2

Physician Name (Printed) _____ Phone Number: ()

Physician Signature _____ **Date:** _____
 (Required)

School Phone # 760-955-3201
School Fax # 760-257-1010

PHYSICIAN INSTRUCTIONS

For SCHOOL ASSISTED MEDICATION

A. This form must be completed before any medication (*prescription or over-the-counter*) can be given, or taken, at school.
Signatures of both physician and parent/guardian are required. This form must be renewed annually or with any change in medication.

Student Name: _____ Date of Birth: _____

PHYSICIAN USE ONLY

1. MEDICATION: _____ Dose: _____ Reason/Diagnosis: _____
Route: ☐ Oral ☐ Nasal ☐ Topical
☐ Inhale ☐ Injection ☐ Other _____ Med Start Date: _____ Stop Date: _____
☐ If DAILY ~ Time(s) to be given: _____
☐ If AS NEEDED (prn) ~ Frequency: ☐ Every 3 to 4 hrs., ☐ Every 4 to 6 hrs., ☐ Other : _____
☐ *Self carry – for asthma inhaler or epinephrine auto-injectors ONLY. Student demonstrates competence.
o (Not recommended in elementary school)
Other instructions if needed (e.g., signs/symptoms for usage, special storage, adverse reactions): _____

2. MEDICATION: _____ Dose: _____ Reason/Diagnosis: _____
Route: ☐ Oral ☐ Nasal ☐ Topical
☐ Inhale ☐ Injection ☐ Other _____ Med Start Date: _____ Stop Date: _____
☐ If DAILY ~ Time(s) to be given: _____
☐ If AS NEEDED (prn) ~ Frequency: ☐ Every 3 to 4 hrs., ☐ Every 4 to 6 hrs., ☐ Other : _____
☐ *Self carry – for asthma inhaler or epinephrine auto-injectors ONLY. Student demonstrates competence.
o (Not recommended in elementary school)
Other instructions if needed (e.g., signs/symptoms for usage, special storage, adverse reactions): _____

Physician Signature: _____ Date: _____
Physician Name: _____
Address: _____ Phone: _____
City: _____ Zip: _____

All medication orders will be automatically discontinued at the end of the school year. New orders are required each school year.

California Education Code section 49423 provides that any pupil who is required to take, during the regular school day, medication prescribed for him by a physician, may be assisted by the school nurse or other designated school personnel if the school district receives (1) a written statement from such physician detailing the method, amount, and time schedules by which such medication is to be taken and (2) a written statement from the parent or guardian of the pupil indicating the desire that the school district assist the pupil in the matters set forth in the physician's statement.

* California Education Code section 49423 (c) A pupil may be subject to disciplinary action pursuant to Section 48900 if that pupil uses an inhaler or auto-injectable epinephrine in a manner other than as prescribed.

Parent Request For Assistance with Medication at School

B. The parent or guardian must complete this page before any medication (*prescription or over-the-counter*) can be given, or taken, at school.
Signature of parent or guardian is required. This form must be renewed each school year or with any change in medication.

Student Name: _____ **Date of Birth:** _____

Parent Request for School Assistance with Medication

I understand that school district regulations require student medication to be maintained in a secure place, under the direction of an adult employee of the school district, and not carried on the person of a student (with the exception of asthma inhalers and epinephrine auto-injectors accompanied by appropriate physician instructions).

A. I hereby request that the staff of my child's school assist in giving medication to my child during school hours as stated in the physician instructions. I also give permission to contact the physician for consultation and exchange of information as needed.

Parent or Guardian Signature: _____ **Date:** _____ **Phone Number:** _____

B. For ASTHMA INHALER/EPINEPHRINE AUTO-INJECTOR SELF-CARRY requests only: I hereby request that my student carry and self-administer his/her asthma inhaler or auto-injector. I understand that if my student does not follow the rules and responsibilities of carrying his/her medication, he/she will lose the privilege of carrying such medication.* I also give permission to contact the physician for consultation and exchange of information as needed.

Parent or Guardian Signature: _____ **Date:** _____ **Phone Number:** _____

Student Contract – Asthma Inhalers Only

I agree to keep my medication in a safe and secure place, such as on my person, at all times. I agree I will NEVER share my medication with another student. If I am using my inhaler more than once a day, or several times a week, I will speak with the school nurse.

Student Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____

All medication orders will be automatically discontinued at the end of the school year. New orders are required each school year.

* California Education Code section 49423 (c) A pupil may be subject to disciplinary action pursuant to Section 48900 if that pupil uses an inhaler or auto-injectable epinephrine in a manner other than as prescribed.



Authorization for Use and/or Disclosure of Information

STUDENT INFORMATION

Student Name: _____ Date of Birth: _____
School Site: _____ LEA of Residence: _____
Street Address: _____ City: _____ State: _____ Zip Code: _____
Home Phone: _____ Cell Phone: _____ E-Mail Address: _____

AUTHORIZATION

I authorize the individual/agency named below to disclose the above-named student's medical and/or educational information the receiving LEA as indicated under the Authorization.

DISCLOSING
AGENCY

Individual/Agency DISCLOSING Information: _____
Street Address: _____ City: _____ State: _____ Zip Code: _____
Contact Name: _____ Phone: _____ Email Address: _____

RECEIVING
AGENCY

Individual/Agency RECEIVING Information: _____
Street Address: _____ City: _____ State: _____ Zip Code: _____
Contact Name: _____ Phone: _____ Email Address: _____

I agree that the Individuals/Agencies above may mutually share information.

INFORMED CONTENT (INITIAL EACH STATEMENT BELOW)

_____ **REVOCATION:** I understand that I have the right to revoke this Authorization, in writing, at any time by sending such written notification to the releasing agency. Written will be effective upon receipt, but will not apply to information that has already need released in repose to this Authorization.

_____ **REDISCLASURE:** I understand that educational health information used or disclosed pursuant to this Authorization may be subject to redisclosure by the recipient and it is no longer protected by federal laws and regulations regarding the privacy of protected health information. I further understand the confidentiality of the information when release to a public educational agency is protected as a student records under the Family Educational Rights and Privacy Act (FERPA).

_____ **HEALTH INFORMATION:** I understand that authorizing the disclosure of health information is voluntary. I can refuse to sign this Authorization. I do not need to sign this form in order to assure medical treatment.

SPECIFY RECORD(s):

Medical/Medication
Educational Records

Mental Health/Psychiatric
STD/HIV Test Results

Drug/Alcohol
Other: _____

DURATION: This authorization shall become effective immediately and shall remain in effect until _____, or for one year from the date of signature if no date is entered.

I request that the information release pursuant to this Authorization be used for the following purposes:

Educational Assessment

Educational Planning

Other: _____

A COPY OF THIS AUTHORIZATION IS AS VALID AS AN ORIGINAL. I UNDERSTAND THAT I HAVE THE RIGHT TO RECEIVE A COPY OF THIS AUTHORIZATION FOR MY RECORDS.

Parent/Guardian Signature: _____ Date: _____
Student Signature: (if applicable) _____ Date: _____