



## Severe Allergic Reaction or Anaphylaxis Emergency Action Plan

Student Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Grade: \_\_\_\_\_

Allergy to: \_\_\_\_\_ Reaction: \_\_\_\_\_

Asthma: ☐ Yes (higher risk for a severe reaction) ☐ No

Extremely reactive to the following (food, insect, etc.): \_\_\_\_\_

☐ If checked, give epinephrine immediately for ANY symptoms if the allergen was likely eaten.

☐ If checked, give epinephrine immediately if the allergen was definitely eaten, even if no symptoms are noted.

Any **SEVERE** symptoms after suspected or known ingestion:

- Lung: Short of breath, wheeze, repetitive cough
- Heart: Pale, blue, faint, weak pulse, dizzy
- Throat: Tight, hoarse, trouble breathing/swallowing
- Mouth: Significant swelling of the tongue and/or lips
- Skin: Many hives over body, widespread redness
- Gut: Repetitive vomiting, severe diarrhea
- Other: Feeling something bad is about to happen, anxiety, confusion
- Or a combination of any symptoms from more than one system area.



### INJECT EPINEPHRINE IMMEDIATELY.

Call 911

- Consider giving additional medication 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 5 minutes or more after the last dose.
- Alert emergency contacts.

Any **MILD** symptoms after suspected or known ingestion:

- **Mouth:** Itchy mouth
- **Skin:** A few hives, mild itch
- **Gut:** Mild nausea/discomfort
- **Nose:** Itchy/runny nose, sneezing



**(If more than one symptom is present, give EPINEPHRINE)**

**If only ONE symptom is present:**

- Give antihistamine
- Contact parent/guardian.
- Watch closely for changes.
- (If symptoms worsen, give epinephrine and monitor per epinephrine injection instructions on left.

### **MEDICATION AUTHORIZATION**

***(To be filled out AND signed by physician)***

Epinephrine Brand/Generic: \_\_\_\_\_

Dose: (circle one) 0.15 mg IM 0.3 mg IM

Antihistamine  
Brand/Generic: \_\_\_\_\_

Dose: \_\_\_\_\_ Route: \_\_\_\_\_

Other (eg. Inhaler/bronchodilator): \_\_\_\_\_



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**EMERGENCY CONTACTS**

Parent/Guardian: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_  
Parent/Guardian: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_  
Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

**Physician Authorization to Self Administer Epinephrine and/or Inhaler**

In my opinion, it is necessary for the above named student to carry and self-administer their epinephrine and/or inhaler.

☐

Epinephrine

☐

Inhaler

Student has demonstrated the ability to correctly administer the medication and understands the dosage and frequency.  
A backup epinephrine pen and/or inhaler is to be supplied to the nurses office for emergencies.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Physician Signature \_\_\_\_\_ Date \_\_\_\_\_

**EPIPEN (EPINEPHRINE) AUTO-INJECTOR:**

1. Remove the EpiPen Auto-Injector from the plastic carrying case
2. Pull off the blue safety release cap
3. Swing and firmly push orange tip against mid-outer thigh
4. Hold for approximately 10 seconds
5. Remove and massage the area for 10 seconds

**AUVI-Q (EPINEPHRINE INJECTION, USP):**

1. Remove the outer case of Auvi-Q. This will automatically activate the voice instructions
2. Pull off red safety guard
3. Place black end against mid-outer thigh
4. Press firmly and hold for 5 seconds
5. Remove from thigh

**ADRENACLICK/ADRENACLICK GENERIC:**

1. Remove the outer case
2. Remove gray caps labeled "1" and "2"
3. Place red rounded tip against mid-outer thigh
4. Press down hard until needle penetrates
5. Hold for 10 seconds. Remove from thigh

Physician Signature \_\_\_\_\_

Date \_\_\_\_\_

\*Parent/guardian signature indicates permission granted for designated school personnel to administer above medication to student as prescribed by student's physician and per GISD medication procedures.

\*Treat students before calling Emergency Contacts.

The first sign of a reaction can be mild, but symptoms can progress quickly.