

FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

Name: [D.O.B.:	
Allergy to:		PICTURE HERE
Weight: lbs. Asthma: [] Yes (higher risk for a severe reaction)	[] No	

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

Extremely reactive to the following allergens: THEREFORE: [] If checked, give epinephrine immediately if the allergen was LIKELY eaten, for ANY symptoms.

FOR ANY OF THE FOLLOWING:

SEVERE SYMPTOMS





Short of breath. wheezing, repetitive cough



HFART

Pale, blue. faint, weak pulse, dizzy



THROAT

Tight, hoarse, trouble breathing/ swallowing



[] If checked, give epinephrine immediately if the allergen was DEFINITELY eaten, even if no symptoms are apparent.

Significant swelling of the tongue and/or lips



Many hives over body, widespread vomiting, severe redness



Repetitive diarrhea



OTHER

Feeling something bad is about to happen, anxiety, confusion



of symptoms from different body areas.







INJECT 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



Itchy/runny

nose, sneezing

NOSE



Itchy mouth



A few hives. mild itch



Mild nausea/ discomfort

FOR MILD SYMPTOMS FROM MORE THAN ONE SYSTEM AREA, GIVE EPINEPHRINE.

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.

MEDICATIONS/DOSES

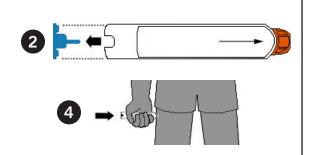
Epinephrine Brand or Generic:			
Epinephrine Dose: [] 0.15 mg IM [] 0.3 mg IM			
Antihistamine Brand or Generic:			
Antihistamine Dose:			
Other (e.g., inhaler-bronchodilator if wheezing):			



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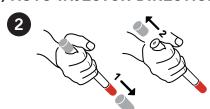
EPIPEN® AUTO-INJECTOR DIRECTIONS

- 1. Remove the EpiPen Auto-Injector from the clear carrier tube.
- Remove the blue safety release by pulling straight up without bending or twisting it.
- 3. Swing and firmly push orange tip against mid-outer thigh until it 'clicks'.
- 4. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
- 5. Remove auto-injector from the thigh and massage the injection area for 10 seconds.



ADRENACLICK® (EPINEPHRINE INJECTION, USP) AUTO-INJECTOR DIRECTIONS

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





ADMINISTRATION AND SAFETY INFORMATION FOR ALL AUTO-INJECTORS:

- 1. Do not put your thumb, fingers or hand over the tip of the auto-injector or inject into any body part other than mid-outer thigh. In case of accidental injection, go immediately to the nearest emergency room.
- 2. If administering to a young child, hold their leg firmly in place before and during injection to prevent injuries.
- 3. Epinephrine can be injected through clothing if needed.
- 4. Call 911 immediately after injection.

OTHER DIRECTIONS/INFORMATION (may self-carry epinephrine, may self-administer epinephrine, etc.):

Treat the person before calling emergency contacts. The first signs of a reaction can be mild, but symptoms can worsen quickly.

EMERGENCY CONTACTS — CALL 911		OTHER EMERGENCY CONTACTS
RESCUE SQUAD:		NAME/RELATIONSHIP:
DOCTOR:	_ PHONE:	PHONE:
PARENT/GUARDIAN:	_ PHONE:	NAME/RELATIONSHIP:
		PHONE: