



Treatment Plan for Anaphylaxis Emergency

Student's Name: _____ Date of Birth: _____

ALLERGY TO: _____

Weight: _____ lbs. Asthma: No Yes (Higher risk for severe reaction)

Extremely reactive to the following foods: _____

THEREFORE:

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.

► STEP 1: TREATMENT ◀

Symptoms from different body areas		Give checked medication as indicated by physician authorizing treatment
•	If a food allergen has been ingested, but <i>no symptoms</i> :	Epinephrine
•	Mouth Itching, tingling, or swelling of lips, tongue, mouth	Epinephrine
•	Skin Hives, itchy rash, swelling of the face or extremities	Epinephrine
•	Gut Nausea, abdominal cramps, vomiting, diarrhea	Epinephrine
•	Throat † Tightening of throat, hoarseness, hacking cough	Epinephrine
•	Lung † Shortness of breath, repetitive coughing, wheezing	Epinephrine
•	Heart † Weak or thready pulse, low blood pressure, fainting, pale, blueness	Epinephrine
•	Other †	Epinephrine

† Potentially life-threatening. The severity of symptoms can quickly change.

1. Give - Medication(s)/Dose/Route

Epinephrine (Brand and dose; 0.3mg or 0.15 mg): _____

Antihistamine (Brand and dose)**: _____

Other (e.g., inhaler-bronchodilator if asthma): _____

** **Benadryl and other Antihistamines:** *A nurse can distinguish symptoms of anaphylaxis from other allergic reactions. In situations where having a nurse at school is not certain, pediatric allergists recommend that school anaphylaxis action plans be simplified. It is advised that antihistamines not be part of the action plan. Rather, auto-injectors and calling 911 should occur immediately.*

2. Activate 911

► STEP 2: MONITORING ◀

If after 5-15 minutes emergency services have not responded and symptoms persist, administer a second dose. Stay with student; Alert healthcare professionals and parent. Tell rescue squad epinephrine was given; Request an ambulance with epinephrine. Note time when epinephrine was administered. A second dose of epinephrine can be given 5-15 minutes or more after the first if symptoms persist or recur. Up to 1/3 of anaphylactic reactions require a second dose. For a severe reaction, consider keeping student lying on back with legs raised. Treat student even if parents cannot be reached. See page 2 of this form for auto-injection technique and for contact information.

_____ Print Name of Parent/Guardian	_____ Signature of Parent/Guardian	_____ Date
_____ Print Name of Physician/Healthcare Provider	_____ Signature of Physician/Healthcare Provider	_____ Date
_____ Print Name of Registered Credentialed School Nurse (RCSN)	_____ Signature of RCSN	_____ Date

