



### 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

**Contacts**

Call 911 - Rescue squad: ( ) - Doctor: Phone: ( ) -

Parent/Guardian: Phone: ( ) -

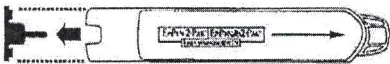
**Other Emergency Contacts**

Name/Relationship: Phone: ( ) -

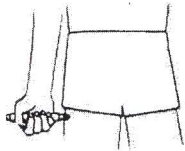
Name/Relationship: Phone: ( ) -

**EpiPen® and EpiPen® Jr.**

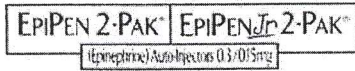
- First, remove the EpiPen® Auto-Injector from the plastic carrying case.
- Pull off the BLUE safety release cap.



- Hold ORANGE tip near outer thigh (always apply to thigh).



- Swing and firmly push orange tip against outer thigh. Hold on thigh for approximately 10 seconds. Remove the EpiPen® Auto-Injector and massage the area for 10 more seconds.



**Twinject® 0.3 mg & Twinject® 0.15 mg**



- Remove caps labeled "1" and "2."
- Place rounded tip against outer thigh, press down hard until needle penetrates. Hold for 10 seconds, then remove.



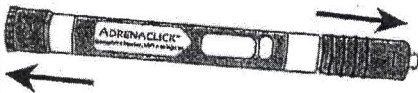
**SECOND DOSE ADMINISTRATION:**

If symptoms don't improve after 10 minutes, administer second dose:

- Unscrew rounded tip. Pull syringe from barrel by holding blue collar at needle base.
- Slide yellow collar off plunger.
- Put needle into thigh through skin, push plunger down all the way, and remove.



**Adrenacllick™ 0.3 mg & Adrenacllick™ 0.15 mg**



- Remove GRAY caps labeled "1" and "2."
- Place RED rounded tip against outer thigh, press down hard until needle penetrates. Hold for 10 seconds, then remove.



**A food allergy response kit should contain at least two doses of epinephrine, other medications as noted by the student's physician, and a copy of this Food Allergy Action Plan.**

**A kit must accompany the student if he/she is off school grounds (i.e., field trip).**