

# BLUE-FISH

PEDIATRICS

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## Allergy Action Plan Emergency Care Plan

Name: \_\_\_\_\_ D.O.B. \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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

Weight: \_\_\_\_ lbs    Asthma:     Yes (higher risk for a severe reaction)     No

**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.

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

**One or more** of the following:

LUNG: Short of breath, wheeze, repetitive cough  
HEART: Pale, blue, faint, weak pulse, dizzy, confused  
THROAT: Tight, hoarse, trouble breathing/swallowing  
MOUTH: Obstructive swelling (tongue and/or lips)  
SKIN: Many hives over body

Or **combination** of symptoms from different body areas:

SKIN: Hives, itchy rashes, swelling (e.g., eyes, lips)  
GUT: Vomiting, diarrhea, crampy pain

### 1- INJECT EPINEPHRINE IMMEDIATELY

- 2- Call 911
- 3- Begin monitoring (see box below)
- 4-Give additional medications\*:
  - Antihistamine
  - Inhaler (bronchodilator) if asthma

\*Antihistamines & inhalers/bronchodilators are not to be depended upon to treat a severe reaction (anaphylaxis). USE EPINEPHRINE.

### MILD SYMPTOMS ONLY:

MOUTH: Itchy mouth  
SKIN: A few hives around mouth/face, mild itch  
GUT: Mild nausea/discomfort

### 1-GIVE ANTIHISTAMINE

- 2-Stay with student; alert healthcare professionals and parent
- 3-If symptoms progress (see above), USE EPINEPHRINE
- 4-Begin monitoring (see box below)

### Medications/Doses:

#### Epinephrine:

EpiPen/AuviQ 0.3 mg IM

Or

EpiPen Jr./AuviQ 0.15 mg IM

#### Antihistamine:

See weight chart on back

#### Other (e.g. inhaler-bronchodilator if asthmatic):

Albuterol or Xopenex

4-8 puffs or 1-2 nebulizer treatments PRN

### Monitoring

**Stay with student; alert healthcare professionals and parents.** 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 minutes or more after first if symptoms persist or recur. For a severe reaction, consider keeping student lying on back with legs raised. Treat student even if parents cannot be reached. See back/attached for auto-injection technique.

### Travel

Please allow family to travel with above medications and to utilize them in the event of a food reaction.

Parent/Guardian Signature

Date

Physician/Healthcare Provider Signature

Date