

+ allergy action plan

NAME:

DATE OF BIRTH:

ALLERGIES:

AT RISK FOR SEVERE ALLERGIC REACTION TO THE FOLLOWING:

ASTHMA

YES

NO

Place
Photo
Here

CONTACT INFORMATION

PRIMARY EMERGENCY CONTACT NAME

PHONE #s

SECONDARY EMERGENCY CONTACT NAME

PHONE #s

PHYSICIAN INFORMATION

PHYSICIAN

PHYSICIAN CONTACT PHONE

SYMPTOMS:

- | | |
|---|---|
| + Hives /itching | + Trouble breathing or swallowing |
| + Runny nose/sneezing | + Hives break out in different areas over body |
| + Itchy mouth | + Swelling of face, eyes, lips |
| + Mild nausea/discomfort | + Face turning blue, weak pulse, dizziness, confusion |
| + Shortness of breath, wheezing, coughing | + Severe vomiting, diarrhea or pain |

IF EXPOSED TO ALLERGENS PLEASE DO THE FOLLOWING:

GIVE EPINEPHRINE

Medical guidelines suggest giving epinephrine immediately if...

1. If the child is at risk for anaphylaxis
2. If the child is experiencing severe allergic symptoms
3. If multiple symptoms (including mild ones) are occurring simultaneously.

1. INJECT EPINEPHRINE INTO THE THIGH IMMEDIATELY!

CHECK ONE:

EpiPen Jr. (0.15 mg)

EpiPen (.3mg)

Auvi-Q (.15mg)

Auvi-Q (.3 mg)

Other

2. CALL 911 ASAP

Request an ambulance with epinephrine

Note time when epinephrine was given

A 2nd dose of epinephrine can be given if symptoms

do not subside after five minutes or more

ADDITIONAL COMMENTS OR INSTRUCTIONS

GIVE ANTIHISTAMINE

Give antihistamine in addition to epinephrine.

Give antihistamine only for mild symptoms (i.e. a few hives).
If symptoms persist or worsen, give epinephrine.

1. GIVE ANTIHISTAMINE

Benadryl/Diphenhydramine dosage

Other dosage

2. Alert healthcare professional and parents

3. Monitor child for at least 30 minutes
to see if symptoms progress

PARENT SIGNATURE:

PHYSICIAN SIGNATURE:



AllerMates
Safeguarding Kids :)

This information has been reviewed by:
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