Allergy and Anaphylaxis Emergency Plan



Child's name:	Date	e of plan:		
Date of birth: / / Age	Weight:	kg	Attach	
Child has allergy to			child's photo	
Child has asthma. ☐ Yes ☐ Child has had anaphylaxis. ☐ Yes ☐ Child may carry medicine. ☐ Yes ☐ Child may give him/herself medicine. ☐ Yes ☐ N	r chance severe reaction) /is unable to self-treat, an adult must g	ive medicine)		
IMPORTANT REMINDER Anaphylaxis is a potentially life-threating, sever	e allergic reactior	n. If in doubt, give epinephrine.		
For Severe Allergy and Anaphylaxis Willook for	hat to	Give epinephrine! What to do		
If child has ANY of these severe symptoms after eating the food or having a sting, give epinephrine. Shortness of breath, wheezing, or coughing Skin color is pale or has a bluish color Weak pulse Fainting or dizziness Tight or hoarse throat Trouble breathing or swallowing Swelling of lips or tongue that bother breathing Vomiting or diarrhea (if severe or combined with other symptoms) Many hives or redness over body Feeling of "doom," confusion, altered consciousness, or agitation		 Give epinephrine right away! Note time when epinephrine was given. Call 911. Ask for ambulance with epinephrine. Tell rescue squad when epinephrine was given. Stay with child and: Call parents and child's doctor. Give a second dose of epinephrine, if symptoms get worse, continue, or do not get better in 5 minutes. Keep child lying on back. If the child vomits or has trouble breathing, keep child lying on his or her side. Give other medicine, if prescribed. Do not use other medicine in place of epinephrine. Antihistamine 		
□ SPECIAL SITUATION: If this box is checked, child has an extremely severe allergy to an insect sting or the following food(s): Even if child has MILD symptoms after a sting or eating these foods, give epinephrine.		● Inhaler/bronchodilator		
срисрине.		_		
For Mild Allergic Reaction What to look for If child has had any mild symptoms, monitor child. Symptoms may include: • Itchy nose, sneezing, itchy mouth • A few hives • Mild stomach nausea or discomfort		Monitor child What to do Stay with child and: • Watch child closely. • Give antihistamine (if prescribed). • Call parents and child's doctor. • If more than 1 symptom or sympto allergy/anaphylaxis develop, use e Severe Allergy and Anaphylaxis.")	epinephrine. (See "For	
Medicines/Doses Epinephrine (list type):	_Intramuscular:	☐ 0.10 mg (7.5 kg to less than13 kg)* ☐ 0.15 mg (13 kg to less than 25 kg) ☐ 0.30 mg (25 kg or more) (*Use 0.15 mg, if 0.10 mg is not available)		
	Intranasal: **If more than one	☐ 1 mg (4 years or older and 15 kg to less ☐ 2 mg (30 kg or more) epinephrine is selected, then either one ca	s than 30 kg)	
Antihistamine, by mouth (type and dose):				
Other (for example, inhaler/bronchodilator if child has a				

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Child's name:	Date of plan:	
Additional Instructions:		
Contacts		
Call 911 / Rescue squad:		
Doctor:	Phone:	
Parent/Guardian:	Phone:	
Parent/Guardian:	Phone:	
Other Emergency Contacts		
Name/Relationship:	Phone:	
Name/Relationshin:	Phone:	