

Allergy Action Plan

Attach Scholar's
Photo Here

Scholar _____ D.O.B: _____ Teacher: _____ School: _____

ALLERGY TO: _____ Past Reaction Type: _____

Asthmatic Yes* No *Higher risk for severe reaction

STEP 1: TREATMENT

Symptoms:	Give Checked Medication <i>(To be determined by physician authorizing treatment)</i>	
If a food allergen has been ingested, but <i>no symptoms</i> : <input type="checkbox"/> Observe	<input type="checkbox"/> EpiPen	<input type="checkbox"/> Antihistamine
Mouth Itching, tingling, or swelling of lips, tongue, mouth	<input type="checkbox"/> EpiPen	<input type="checkbox"/> Antihistamine
Skin Hives, itchy rash, swelling of the face or extremities	<input type="checkbox"/> EpiPen	<input type="checkbox"/> Antihistamine
Gut Nausea, abdominal cramps, vomiting, diarrhea	<input type="checkbox"/> EpiPen	<input type="checkbox"/> Antihistamine
Throat * Tightening of throat, hoarseness, hacking cough	<input type="checkbox"/> EpiPen	<input type="checkbox"/> Antihistamine
Lung * Shortness of breath, repetitive coughing, wheezing	<input type="checkbox"/> EpiPen	<input type="checkbox"/> Antihistamine
Heart * Weak, thready pulse, low blood pressure, fainting, pale, blueness	<input type="checkbox"/> EpiPen	<input type="checkbox"/> Antihistamine
Other * _____	<input type="checkbox"/> EpiPen	<input type="checkbox"/> Antihistamine
If Reaction is progressing (several of the above areas affected), give:	<input type="checkbox"/> EpiPen	<input type="checkbox"/> Antihistamine

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

DOSAGE

Epinephrine: _____ EpiPen 0.3mg EpiPen Jr. 0.15mg
Route to administer Twinject 0.3mg Twinject 0.15mg
 Auvi-Q 0.3mg Auvi-Q 0.15mg

Other medicine: _____

Give second epinephrine dose after _____ minutes if no improvement and EMS has not arrived.

Antihistamine: _____
Medication / Dose / Route

Other Medication to administer: _____
Medication / Dose /Route / Reason for administration

STEP 2: EMERGENCY CALLS

1. Call 911. Tell them that a child is having an allergic reaction and may need epinephrine when they arrive.
2. After epinephrine has been given, lay the scholar flat, raise legs and keep warm. If breathing is difficult or they are vomiting, let them sit up or lie on their side.
3. Even if parent/guardian cannot be reached, do not hesitate to medicate and have scholar transported to the nearest medical facility. Transport to ER even if symptoms resolve.

Parent/Guardian: _____ / _____ / _____ / _____
Print Signature Date Telephone Number

Physician: _____ / _____ / _____ / _____
Print Signature Date Telephone Number

