

# Food Allergy Action Plan

Student's Name: \_\_\_\_\_ D.O.B: \_\_\_\_\_ Teacher: \_\_\_\_\_



ALLERGY TO: \_\_\_\_\_

Asthmatic Yes\*  No  \*Higher risk for severe reaction

## < STEP 1: TREATMENT <

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

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

## **DOSAGE**

**Epinephrine:** inject intramuscularly (Check one)  EpiPen®  EpiPen® Jr.  Twinject® 0.3 mg  Twinject® 0.15 mg  
(see page 2 for instructions)

**Antihistamine:** give \_\_\_\_\_  
medication/dose/route

**Other:** give \_\_\_\_\_  
medication/dose/route

**IMPORTANT: Asthma inhalers and/or antihistamines cannot be depended on to replace epinephrine in anaphylaxis.**

## < STEP 2: EMERGENCY CALLS <

1. Call 911 (or Rescue Squad: \_\_\_\_\_). State that an allergic reaction has been treated, and additional epinephrine may be needed.

2. Dr. \_\_\_\_\_ Phone Number: \_\_\_\_\_

3. Parent \_\_\_\_\_ Phone Number(s) \_\_\_\_\_

4. Emergency contacts:  
Name/Relationship

Phone Number(s)

a. \_\_\_\_\_ 1.) \_\_\_\_\_ 2.) \_\_\_\_\_

b. \_\_\_\_\_ 1.) \_\_\_\_\_ 2.) \_\_\_\_\_

**EVEN IF PARENT/GUARDIAN CANNOT BE REACHED, DO NOT HESITATE TO MEDICATE OR TAKE CHILD TO MEDICAL FACILITY!**

Parent/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

Doctor's Signature \_\_\_\_\_ Date \_\_\_\_\_

(Required)

**TRAINED STAFF MEMBERS**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

- Room \_\_\_\_\_
- Room \_\_\_\_\_
- Room \_\_\_\_\_

**EpiPen® and EpiPen® Jr. Directions**

**Pull off gray activation cap.**



**Hold black tip near outer thigh**

**(always apply to thigh).**



**Swing and jab firmly into outer thigh until Auto-Injector mechanism functions. Hold in place and count to 10. Remove the EpiPen® unit and massage the injection area for 10 seconds.**

**Twinject® 0.3 mg and Twinject® 0.15 mg Directions**



**Remove caps labeled “1” and “2.”**

**Place rounded tip against outer thigh, press down hard until needle penetrates. Hold for 10 seconds, then remove.**



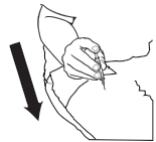
**SECOND DOSE ADMINISTRATION:**  
**If symptoms don't improve after 10 minutes, administer second dose:**

**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.**



**Once EpiPen® or Twinject® is used, call the Rescue Squad. Take the used unit with you to the Emergency Room. Plan to stay for observation at the Emergency Room for at least 4 hours.**

**For children with multiple food allergies, consider providing separate Action Plans for different foods.**

*\*\*Medication checklist adapted from the Authorization of Emergency Treatment form developed by the Mount Sinai School of Medicine. Used with permission.*

