

Food Allergy/Anaphylaxis Action Plan

For those requiring emergency EPINEPHRINE treatment
 "Anaphylaxis is a serious allergic reaction that is rapid in onset and may cause death."
 (National Institute of Allergy & Infectious Disease, 2010)



School District 622

NORTH ST. PAUL | MAPLEWOOD | OAKDALE

Ready for tomorrow

MoundsPark
 A C A D E M Y

Name: _____ DOB: _____

ALLERGIC to: _____

Patient has Asthma: Yes (more at risk for severe reaction) No

May self-carry medications: Yes No

May self administer medications: Yes No

EPINEPHRINE (Injection) Dose:

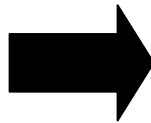
EPINEPHRINE Dose:

- | | |
|------------------------------------------------|-----------------------------------------------|
| Up to 55 lbs. (25 kg) | Over 55 lbs. (25 kg) |
| <input type="checkbox"/> EpiPen Jr. (0.15 mg) | <input type="checkbox"/> EpiPen (0.3 mg) |
| <input type="checkbox"/> Adrenaclick (0.15 mg) | <input type="checkbox"/> Adrenaclick (0.3 mg) |
| <input type="checkbox"/> Other _____ | |

***Antihistamine (Oral) Dose:**

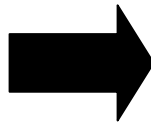
- Benadryl (also known as Diphenhydramine)
- 12.5 mg (1 teaspoon or 1 chewable)
- 25 mg (2 teaspoons or 2 chewables)
- 50 mg (4 teaspoons or 4 chewables)
- Other antihistamine: _____

Special Circumstances: This patient is highly reactive to: _____
GIVE EPINEPHRINE if checked:
 If the food was definitely eaten, even if no symptoms
 If the food was likely eaten and any symptoms

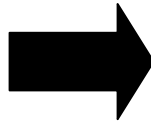


ANY SEVERE SYMPTOMS after suspected or known ingestion:

Lung: Shortness of breath, wheezing, coughing
 Heart: Pale, blue, faint, weak pulse, dizzy, confused
 Throat: Tightness, hoarse voice, trouble breathing/swallowing
 Mouth: Significant swelling (tongue and/or lips)
 Skin: Redness/many hives over body
 Gut: Repetitive vomiting, severe diarrhea

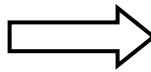


ANY combination of milder symptoms from different body areas **even without known ingestion** (example: hives and vomiting)



One MILD SYMPTOM from a single body area:

Face: Sneezing, runny/itchy nose, itchy mouth
 Skin: A few hives around mouth/face, mild itch
 Gut: Mild nausea, stomach upset



TREATMENT:

- INJECT EPINEPHRINE IMMEDIATELY**
- Call 911, tell rescue squad time EPINEPHRINE was given
- Consider giving additional medications*
 - Antihistamine
 - Inhaler (bronchodilator) if asthma
- Lay the person flat, raise legs and keep warm. If breathing difficult or vomiting, let them sit up or lay on their side.
- Give 2nd dose of EPINEPHRINE about 5 minutes after 1st dose if symptoms do not improve or symptoms return
- Stay with person; alert emergency contacts, parents/guardian
- Transport to Emergency Dept is recommended for further monitoring

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

- GIVE ANTIHISTAMINE**
- Stay with person; alert parent/guardian
- Watch closely, if symptoms worsen GIVE EPINEPHRINE (see box above)

*DO NOT rely on antihistamines or inhalers to treat a severe reaction

For unique situations: _____

Medical Provider Signature: _____ Phone _____ Date _____

Medical Provider Clinic: _____

Parent/Guardian Signature: _____ Phone _____ Date _____

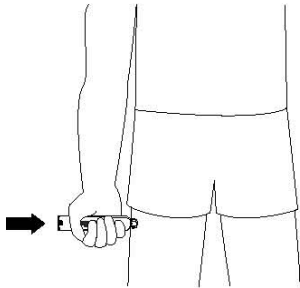
Other Emergency Contact Name/Phone: _____

EPIPEN® Auto-Injector and EPIPEN Jr® Auto-Injector Directions

- First, remove the EPIPEN Auto-Injector from the plastic carrying case



- Pull off the blue safety release cap
- Hold orange tip near outer thigh (always apply to thigh)



- Swing and firmly push orange tip against outer thigh, while holding thigh firmly to not allow movement. Hold on thigh for approximately 3 seconds.

Remove the EPIPEN Auto-Injector and massage the area for 10 more seconds



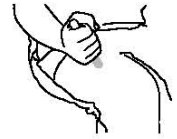
EpiPen®, EpiPen 2-Pak®, and EpiPen Jr 2-Pak® are registered trademarks of Mylan Inc. licensed exclusively to its wholly-owned subsidiary, Mylan Specialty LP.

Adrenaclick® 0.3 mg and Adrenaclick® 0.15 mg Directions



Remove GREY caps labeled "1" and "2".

Place RED rounded tip against outer thigh, while holding thigh firmly to not allow movement. Press down hard until needle penetrates. Hold for 10 seconds, then remove.



Do not administer epinephrine to other areas of the body. Seek medical care if skin changes occur after injection.

A Food Allergy/Anaphylaxis Response Kit should contain at least two doses of epinephrine, other medications as noted by the student's physician, and a copy of this Food Allergy/Anaphylaxis Action Plan.

The kit supplied by parent or guardian must accompany the student if he/she is off school grounds (e.g., field trip).

Contacts

Parent/Guardian: _____

Phone: _____ / _____

Parent/Guardian: _____

Phone: _____ / _____

Other Emergency Contacts

Name/Relationship: _____

Phone: _____ / _____

Name/Relationship: _____

Phone: _____ / _____