

Date: ____ / ____ / ____

School Year ____ - ____

Food/Insect Allergy Action Plan

Parent's Section:

Student's name (print) _____ DOB _____

Grade _____ Teacher _____

ALLERGIC TO: _____

Asthmatic? No ____ Yes ____ (If yes, student may be at greater risk for severe reaction)

Emergency contacts

1. **Call 911.** State location, student's age, allergic reaction and measures taken thus far. [Note: Student MUST go to nearest Emergency Room; send used EpiPen with student.]

2. **Call Dr.** _____ Phone# _____

3. **Parents: Mother's name** _____ cell # _____

work # _____ home# _____

Father's name _____ cell# _____

work# _____ home# _____

Alternative contacts if parents cannot be reached:

Name _____ relationship _____ phone # _____

Name _____ relationship _____ phone # _____

Parent/Guardian's name (print) _____

Parent/Guardian's signature _____ Date ____ / ____ / ____

Physician's Section:

Treatment

Symptoms

Give indicated medication as determined by MD

If allergen has been ingested but no symptoms _____ EpiPen _____ Antihistamine

Itching, tingling or swelling of lips, tongue, mouth _____ EpiPen _____ Antihistamine

Hives, itchy rash, swelling of the face or extremities _____ EpiPen _____ Antihistamine

Nausea, abdominal cramps, vomiting, diarrhea _____ EpiPen _____ Antihistamine

Tightening of throat, hoarseness, hacking cough _____ EpiPen _____ Antihistamine

Shortness of breath, repetitive coughing, wheezing _____ EpiPen _____ Antihistamine

Weak or thready pulse, low blood pressure, fainting, pale, blueness _____ EpiPen _____ Antihistamine

Other _____ EpiPen _____ Antihistamine

If reaction is progressing (several of the above areas affected), give: _____ EpiPen _____ Antihistamine

Dosage

Epinephrine: inject intramuscularly (circle one) EpiPen EpiPen Jr. Twinject 0.3mg Twinject 0.15mg

Auvi-Q (dosage: _____ mg)

Antihistamine: give _____

Other: give _____

Note: Asthma inhalers and antihistamines alone cannot replace epinephrine in case of anaphylaxis!

Date ____ / ____ / ____

Physician's signature and stamp _____