

### Allergy Action Plan

Student Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_  
 School: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_



**ALLERGIC TO THESE ALLERGENS:** \_\_\_\_\_

- Has Asthma** (increases risk for severe reaction)
- Severe Allergy previously/suspected—Immediately give epinephrine & call 911**— Start with Steps 2 & 3
- Mild Allergy** – Itching, rash, hives – **Give antihistamine, call school nurse and parent. Start with Step 1**

▶ **STEP 1: IDENTIFICATION OF SYMPTOMS\*** ◀ \* Send for immediate adult assistance

**Symptoms:**

**Type of Medication to Give:**

(Determined by physician authorizing treatment)

- |  |  |  |
|--|--|--|
| ➤ If exposed to allergen, or allergen ingested, but <b>no symptoms</b> . . . . .           | <input type="checkbox"/> Epinephrine           | <input type="checkbox"/> Antihistamine |
| ➤ <b>Mouth</b> – Itching, tingling, or swelling of lips, tongue, mouth . . . . .           | <input type="checkbox"/> Epinephrine           | <input type="checkbox"/> Antihistamine |
| ➤ <b>Skin</b> – Hives, itchy rash, swelling of the face or extremities . . . . .           | <input type="checkbox"/> Epinephrine           | <input type="checkbox"/> Antihistamine |
| ➤ <b>Gut</b> – Nausea, abdominal cramps, vomiting, diarrhea . . . . .                      | <input type="checkbox"/> Epinephrine           | <input type="checkbox"/> Antihistamine |
| ➤ <b>Throat</b> – Tightening of throat, hoarseness, hacking cough . . . . .                | <input type="checkbox"/> Epinephrine           | <input type="checkbox"/> Antihistamine |
| ➤ <b>Lung**</b> – Shortness of breath, repetitive coughing, wheezing . . . . .             | <input type="checkbox"/> Epinephrine: Call 911 |  |
| ➤ <b>Heart**</b> – Faint, pale, blueness around mouth or nail beds, weak pulse, low B/P. . | <input type="checkbox"/> Epinephrine: Call 911 |  |
| ➤ <b>Other**</b> – _____   | <input type="checkbox"/> Epinephrine: Call 911 |  |
| ➤ If reaction is progressing (several of the above areas affected) give . . . . .          | <input type="checkbox"/> Epinephrine: Call 911 |  |

\*\* Potentially life-threatening. – Note: The severity of symptoms can quickly change.

▶ **STEP 2: GIVE MEDICATIONS** ◀

**Epinephrine:** inject intramuscularly (check one)  EpiPen®  EpiPen Jr®

- If Epinephrine is given, paramedics must be called! **PROCEED TO STEP 3 BELOW.**

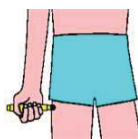
**Antihistamine/other:** give \_\_\_\_\_ (Medication name & amount) by \_\_\_\_\_ (route/method)

- Notify parents and school nurse • **Observe** for increasing severity of symptoms • **Call 911** as needed

**IMPORTANT: Do NOT depend on asthma inhalers and/or antihistamines to replace epinephrine in a severe reaction.**

**EpiPen Directions:**

- a. Pull off the GRAY Safety Cap
- b. Place BLACK TIP near OUTER-UPPER THIGH
- c. Swing and jab firmly until hearing or feeling a click
- d. Hold EpiPen in place **10 SECONDS**, remove, massage area
- e. Dispose of in red sharps container or give to paramedics



- The EpiPen can be injected through clothing.
- The individual may feel his/her heart pounding.
  - This is a normal reaction to the medication.

▶ **STEP 3: EMERGENCY CALLS** ◀

1. **CALL 911** – Seek emergency care. State that an allergic reaction has been treated, and additional epinephrine may be needed.
2. Call Parents or Emergency Contacts

Parent completes Parent and Emergency Contact Names and Information below:

Parents/Emergency Contact Names:	Relationship:	Phone Number(s):
a. _____	1.) _____	2.) ( ) ( )
b. _____	1.) _____	2.) ( ) ( )

**Parent/Guardian Signature** \_\_\_\_\_ Date \_\_\_\_\_  
 (Required)

*Physician completes form through Step 2*  
 Physician Name (Printed) \_\_\_\_\_ Phone Number: ( ) \_\_\_\_\_  
**Physician Signature** \_\_\_\_\_ Date: \_\_\_\_\_  
 (Required)