

The Timothy School

Food Allergy & Anaphylaxis Emergency Care Plan

(Doctor Signature Required)



ONLY required for students who have been diagnosed with potentially life-threatening allergy

Student's Name:		Date of Birth:	
Asthma	<input type="checkbox"/> YES (higher risk for a severe reaction) <input type="checkbox"/> No	Weight:	lbs

NOTE: Do not depend on antihistamines or inhalers to treat severe reaction. USE EPINEPHRINE

Extremely reactive to the following allergens:	<p>Therefore:</p> <input type="checkbox"/> If checked, give epinephrine immediately was LIKELY eaten, for ANY symptoms <input type="checkbox"/> If checked, give epinephrine immediately was DEFINITELY eaten, even if no symptoms are apparent
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FOR ANY OF THE FOLLOWING: SEVERE SYMPTOMS

LUNG	HEART	THROAT	MOUTH
Shortness of breath, wheezing, repetitive cough	Pale or bluish skin, faintness, weak pulse, dizziness	Tight or hoarse throat, trouble breathing or swallowing	Significant swelling of the tongue or lips
SKIN	GUT	OTHER	OR A COMBINATION
Many hives over body, widespread redness	Repetitive vomiting, severe diarrhea	Feeling something bad is about to happen, anxiety, confusion	of symptoms from different body areas

- 1. INJECT EPINEPHRINE IMMEDIATELY.**
- 2. Call 911.** Tell emergency dispatcher the person is having anaphylaxis and may need epinephrine when emergency responders arrive.
 - Consider giving additional medications following epinephrine:
 - Antihistamine
 - Inhaler (bronchodilator) if wheezing.
 - Lay the person flat, raise legs and keep warm. If breathing is difficult or they are vomiting, let them sit up or lie on their side.
 - If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
 - Alert emergency contacts.
 - Transport patient to ER, even if symptoms resolve. Patient should remain in ER for at least 4 hours because symptoms may return.

MILD SYMPTOMS

NOSE	MOUTH	SKIN	GUT
Itchy or runny nose, sneezing	Itchy mouth	A few hives, mild itch	Mild nausea or discomfort

FOR MILD SYMPTOMS FROM MORE THAN ONE SYSTEM AREA, GIVE EPINEPHRINE.

FOR MILD SYMPTOMS FROM A SINGLE SYSTEM AREA, FOLLOW THE DIRECTIONS BELOW

- Antihistamines may be given, if ordered by a healthcare provider.
- Stay with the person; alert emergency contacts
- Watch closely for changes. If symptoms worsen, give epinephrine

MEDICATION/DOSES

Epinephrine Brand of Generic:

Epinephrine Dose:
 0.1mg IM 0.15mg IM 0.3mg IM

Antihistamine Brand of Generic:

Antihistamine Dose

Other (e.g., inhaler-bronchodilator if wheezing)

Physician/HCP Signature

Date of Signature

Parent(s)/Guardian Signature

Date of Signature