

Centralia R-VI School District

Food Allergy & Anaphylaxis Emergency Plan

Name: _____ D.O.B.: _____

Allergy to: _____ Life Threatening: ☐ Yes or ☐ No

Weight: _____ lbs

Asthma: ☐ Yes (higher risk for a severe reaction) ☐ No ***Please attach Asthma Action Plan**

Place
Student
Picture
Here

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

Extremely reactive to the following allergens: _____

Therefore:

- ☐ If checked, give epinephrine immediately if the allergen was **LIKELY** eaten, for **ANY** symptoms.
- ☐ If checked, give epinephrine immediately if the allergen was **definitely** eaten, even if no symptoms are apparent.

FOR ANY OF THE FOLLOWING: SEVERE SYMPTOMS

- ✓ **LUNG** - shortness of breath, wheezing, repetitive cough
- ✓ **HEART** - Pale or bluish skin, faintness, weak pulse, dizziness
- ✓ **THROAT** - Tight or hoarse throat, trouble breathing or swallowing
- ✓ **MOUTH** - Significant swelling of the tongue or lips
- ✓ **SKIN** - Many hives over body, widespread redness
- ✓ **GUT** - Repetitive vomiting, severe diarrhea
- ✓ **OTHER** - Feeling bad is about to happen, anxiety, confusion
- ✓ **COMBINATION** 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** - Itchy or runny nose, sneezing
- ✓ **MOUTH** - Itchy mouth
- ✓ **SKIN** - A few hives, mild itch
- ✓ **GUT** - 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:**

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

MEDICATIONS/DOSES

Epinephrine Brand or Generic: _____

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

Antihistamine Brand or Generic: _____

Antihistamine Dose: _____

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

Parent/Guardian Authorization Signature

Date

Physician/HCP Authorization Signature

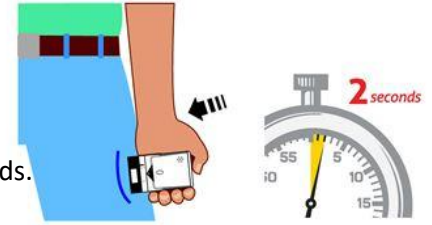
Date

Centralia R-VI School District

Food Allergy & Anaphylaxis Emergency Plan

HOW TO USE AUVI-Q (EPINEPHRINE INJECTION, USP), KALEO

1. Remove Auvi-Q from the outer case.
2. Pull off red safety guard.
3. Place black end of Auvi-Q against the middle of the outer thigh.
4. Press firmly until you hear a click and hiss sound, and hold in place for 2 seconds.
5. Call 911 and get emergency medical help right away.



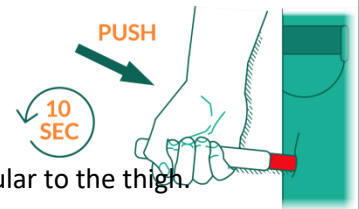
HOW TO USE EPIPEN AND EPIPEN JR (EPINEPHRINE) AUTO-INJECTOR AND EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF EPIPEN) USP AUTO-INJECTOR, MYLAN AUTO-INJECTOR, MYLAN)

1. Remove the EpiPen or EpiPen Jr Auto-Injector from the clear carrier tube.
2. Grasp the auto-injector in your fist with the orange tip (needle end) point downward.
3. With your other hand, remove the blue safety release by pulling straight up.
4. Swing and push the auto-injector firmly into the middle of the outer thigh until it 'clicks'.
5. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
6. Remove and massage the injection area for 10 seconds.
7. Call 911 and get emergency medical help right away.



HOW TO USE IMPAX EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF ADRENALCLICK), USP AUTO-INJECTOR, IMPAX LABORATORIES

1. Remove epinephrine auto-injector from its protective carrying case.
2. Pull off both blue end caps: you will now see a red tip.
3. Grasp the auto-injector in your fist with the red tip pointing downward.
4. Put the red tip against the middle of the outer thigh at a 90-degree angle, perpendicular to the thigh.
5. Press down hard and hold firmly against the thigh for approximately 10 seconds.
6. Remove and massage the area for 10 seconds.
7. Call 911 and get emergency medical help right away.



ADMINISTRATION AND SAFETY INFORMATION FOR ALL AUTO-INJECTORS.

1. Do not put your thumb, fingers or hand over the tip of the auto-injector or inject into any body part other than mid-outer thigh. In case of accidental injection, go immediately to the nearest emergency room.
2. If administering to a young child, hold their leg firmly in place before and during injection to prevent injuries.
3. Epinephrine can be injected through clothing if needed.
4. Call 911 immediately after injection.

OTHER DIRECTIONS/INFORMATION (may self-carry epinephrine, may self-administer epinephrine, etc)

Treat the person before calling emergency contacts. The first signs of a reaction can be mild, but symptoms can worsen quickly.

EMERGENCY CONTACTS – 911

Doctor: _____ Phone: _____
Parent/Guardian: _____ Phone: _____

OTHER EMERGENCY CONTACTS

Name/Relationship: _____
Phone: _____
Name/Relationship: _____
Phone: _____