

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

Allergy to \_\_\_\_\_

Weight \_\_\_\_\_ lbs. Asthma  Yes (higher risk for a severe reaction)  No

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

Extremely reactive to the following foods: \_\_\_\_\_

THEREFORE:

- If checked, give epinephrine immediately for ANY symptoms if the allergen was likely eaten.
- If checked, give epinephrine immediately if the allergen was definitely eaten, even if no symptoms are noted.

FOR **ANY** OF THE FOLLOWING:  
**SEVERE SYMPTOMS**



**LUNG**

Short of breath,  
wheezing,  
repetitive cough



**HEART**

Pale, blue,  
faint, weak  
pulse, dizzy



**THROAT**

Tight, hoarse,  
trouble  
breathing/  
swallowing



**MOUTH**

Significant  
swelling of the  
tongue and/or lips



**SKIN**

Many hives over  
body, widespread  
redness



**GUT**

Repetitive  
vomiting, severe  
diarrhea



**OTHER**

Feeling  
something bad is  
about to happen,  
anxiety, confusion



**OR A  
COMBINATION**

of symptoms  
from different  
body areas.

1. **INJECT EPINEPHRINE IMMEDIATELY.**
2. **Call 911.** Tell them the child is having anaphylaxis and may need epinephrine when they arrive.
  - Consider giving additional medications following epinephrine:  
Antihistamine or 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 five minutes or more after the last dose.
  - Alert emergency contacts.
  - Transport them to ER even if symptoms resolve. Person should remain in ER for at least four hours because symptoms may return.

**MILD SYMPTOMS**



**NOSE**

Itchy/runny  
nose,  
sneezing



**MOUTH**

Itchy mouth



**SKIN**

A few hives,  
mild itch



**GUT**

Mild nausea/  
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: \_\_\_\_\_

Epinephrine Dose:  0.15 mg IM  0.3 mg IM

Antihistamine Brand or Generic: \_\_\_\_\_

Antihistamine Dose: \_\_\_\_\_

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

Parent/Legal Guardian's signature \_\_\_\_\_ Date \_\_\_\_\_

Physician's signature \_\_\_\_\_ Date \_\_\_\_\_

Physician's name (please print) \_\_\_\_\_ Office phone \_\_\_\_\_