

Food Allergy and Anaphylaxis Emergency Care Plan

Name _____ Date of birth _____

Allergy to _____

Weight _____ lbs.

Asthma ☐ Yes (Higher risk for a severe reaction) ☐ No

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 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. **Administer epinephrine immediately.**
2. **Call 911.** Inform the dispatcher the student is experiencing **anaphylaxis** and may require additional epinephrine.
3. Consider additional medications after epinephrine, if indicated:
 - Antihistamine
 - Bronchodilator (inhaler) for wheezing
4. Lay the student flat, elevate the legs, and keep them warm. If breathing is difficult or vomiting occurs, allow them to sit up or lie on their side.
5. If symptoms persist or recur, administer an additional dose of epinephrine **5 minutes or more** after the previous dose, if available.
6. Notify the parent/guardian and emergency contacts.
7. Transport the student to the emergency department, even if symptoms improve.
8. Observe the student in the emergency department for **at least 4 hours** due to the risk of recurrent symptoms.

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

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. Give an antihistamine, if prescribed by the healthcare provider.
2. Stay with the student and notify the parent/guardian or emergency contact.
3. Monitor closely. If symptoms worsen or additional symptoms develop, administer epinephrine immediately.

MEDICATIONS/DOSES

Epinephrine Brand: _____

Epinephrine Dose: ☐ 0.15 mg ☐ 0.3 mg

☐ IM ☐ Nasal

Antihistamine Brand: _____

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 _____