Food Allergy Action Plan

Student's Name:	D.O.B:Teacher:	Place
	Child's	
ALLERGY '	го:	Picture Here
Asthmatic Y	es* No *Higher risk for severe reaction	nere
	♦ STEP 1: TREATMENT ♦	
Symptoms	: Give Checked M	
	**(To be determined by p	hysician authorizing
■ If a	food allergen has been ingested, but no symptoms:	Antihistamine
■ Mou	th Itching, tingling, or swelling of lips, tongue, mouth	Antihistamine
■ Skir	Hives, itchy rash, swelling of the face or extremities ☐ Epinephrine ☐	Antihistamine
■ Gut	Nausea, abdominal cramps, vomiting, diarrhea	Antihistamine
= Thre	oat† Tightening of throat, hoarseness, hacking cough	Antihistamine
■ Lun	g† Shortness of breath, repetitive coughing, wheezing \Box Epinephrine \Box	Antihistamine
■ Hea	rt† Weak or thready pulse, low blood pressure, fainting, pale, blueness \Box Epinephrine \Box	Antihistamine
■ Oth	er† Depinephrine D	Antihistamine
■ If re	action is progressing (several of the above areas affected), give:	Antihistamine
(see reverse s Antihistamin Other: give_	medication/dose/route	
	♦ STEP 2: EMERGENCY CALLS ♦	·
1. Call 911 (d	r Rescue Squad:). State that an allergic reaction has been treated, and additional epine	phrine may be needed.
2. Dr	Phone Number:	
3. Parent	Phone Number(s)	-
4. Emergency Name/Rela		
a	1.)	
EVEN IF PARE	NT/GUARDIAN CANNOT BE REACHED, DO NOT HESITATE TO MEDICATE OR TAKE CHILD TO MEI	DICAL FACILITY!
Parent/Guardia		
Doctor's Signa	tureDate	

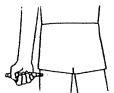
TRAINED STAFF MEMBERS	
1	Room
2	Room
3	Room

EpiPen® and EpiPen® Jr. Directions

Pull off gray activation cap.



 Hold black tip near outer thigh (always apply to thigh).



Swing and jab firmly into outer thigh until Auto-Injector mechanism functions. Hold in place and count to 10. Remove the EpiPen® unit and massage the injection area for 10 seconds.

Twinject® 0.3 mg and Twinject® 0.15 mg Directions



- Remove caps labeled "1" and "2."
- Place rounded tip against outer thigh, press down hard until needle penetrates. Hold for 10 seconds, then remove.



SECOND DOSE ADMINISTRATION:

If symptoms don't improve after 10 minutes, administer second dose:

- Unscrew rounded tip. Pull syringe from barrel by holding blue collar at needle base.
- Slide yellow collar off plunger.
- Put needle into thigh through skin, push plunger down all the way, and remove.



Once EpiPen® or Twinject® is used, call the Rescue Squad. Take the used unit with you to the Emergency Room. Plan to stay for observation at the Emergency Room for at least 4 hours.

For children with multiple food allergies, consider providing separate Action Plans for different foods.

**Medication checklist adapted from the Authorization of Emergency Treatment form developed by the Mount Sinai School of Medicine. Used with permission.

