## **Food Allergy Action Plan**

Student's		_D.O.B:_	Teacher:		Place Child's
ALLERGY TO:					Picture
Asthmatic Yes* No *Higher risk for severe reaction					Here
		♦ ST	EP 1: TREATMENT ◆		
					Medication**:  by physician authorizing
-	If a food	illergen has been ingested, but no sym	ptoms:	☐ Epinephrine	☐ Antihistamine
-	Mouth	Itching, tingling, or swelling of lips,	tongue, mouth	☐ Epinephrine	☐ Antihistamine
-	Skin	Hives, itchy rash, swelling of the fac	e or extremities	1 1	☐ Antihistamine
-	Gut	Nausea, abdominal cramps, vomiting	g, diarrhea	1 1	☐ Antihistamine
•	Throat†	Tightening of throat, hoarseness, had		1 1	☐ Antihistamine
•	Lung†	Shortness of breath, repetitive cough	ning, wheezing	1 1	☐ Antihistamine
-	Heart†	Weak or thready pulse, low blood pr	essure, fainting, pale, blueness	1 1	☐ Antihistamine
•	Other†			1 1	☐ Antihistamine
-	If reaction	is progressing (several of the above a	areas affected), give:	☐ Epinephrine	☐ Antihistamine
Other: g	give	medicat	ion/dose/route		rine in anaphylaxis.
1. Call 9	011 (or Res	cue Squad:). State that	an allergic reaction has been tre	ated, and additional epi	nephrine may be needed.
2. Dr			Phone Number:		
3. Parent			Phone Number(s)		
	gency con /Relationsh		Phone Number(s)		
a			1.)	2.)	
b			1.)	2.)	
EVEN IF	PARENT/G	UARDIAN CANNOT BE REACHED, DO	NOT HESITATE TO MEDICATE	E OR TAKE CHILD TO M	MEDICAL FACILITY!
Parent/G					
Doctor's	Signature_	(Required)	Date		

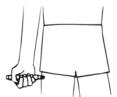
TRAINED STAFF MEMBERS				
1	Room			
2	Room			
3	Room			

## **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.

