FOOD ALLERGY & ANAPHYLAXIS

FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

EMERGENCY CARE PLAN

Name:	D.O.B.:	
Allergy to:		
Weight:	Ibs. 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 allergens:	
THEREFORE		
□ If checked, give epinephrine immediately if the allergen was LIKELY eaten, for ANY symptoms.		
☐ If check	ed, 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



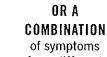
GU"

Repetitive vomiting, severe diarrhea



OTHER

Feeling something bad is about to happen, anxiety, confusion



of symptoms from different body areas.







1. INJECT EPINEPHRINE IMMEDIATELY.

- 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



Itchy or

runny nose,

sneezing

MOUTH

Itchy mouth



SKI

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: 0.1 mg IM 0.15 mg IM 0.3 mg IM
Antihistamine Brand or Generic:
Antihistamine Dose:
Other (e.g., inhaler-bronchodilator if wheezing):