



# Allergy and Anaphylaxis Emergency Orders and Action Plan

Student's name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Phone: \_\_\_\_\_

Student's address: \_\_\_\_\_ street \_\_\_\_\_ city \_\_\_\_\_ state \_\_\_\_\_ zip

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:** \_\_\_\_\_

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
    - 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 them to ER even if symptoms resolve. Person should remain in ER for at least 4 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: \_\_\_\_\_

Adverse reaction to be reported to prescriber: \_\_\_\_\_

Adverse reactions that may occur to another child for whom the epinephrine is not prescribed, should such a child receive a dose of the medication: \_\_\_\_\_

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

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

Parent/Guardian authorization signature

Date

Physician/HCP authorization signature

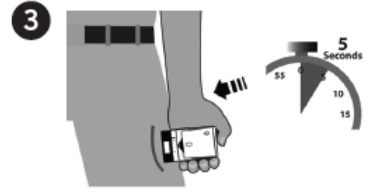
Date

# Allergy and Anaphylaxis Emergency Orders and Action Plan (cont.)

Student's name: \_\_\_\_\_

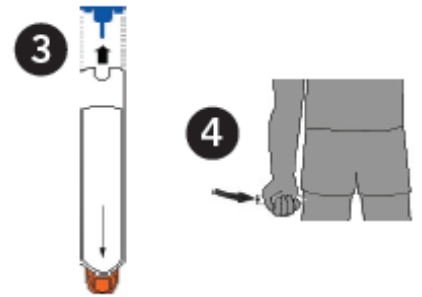
## AUVI-Q® (EPINEPHRINE INJECTION, USP), KALEO

1. Remove Auvi-Q® from the outer case.
2. Pull off the red safety guard.
3. Place black end of Auvi-Q® against the middle of the outer thigh.
4. Press firmly, and hold in place for 5 seconds.
5. Call 911 and get emergency medical help right away.



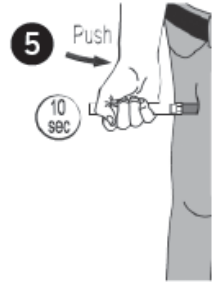
## EPIPEN®, EPIPEN JR®, AUTHORIZED GENERIC OF EPIPEN®, or USP AUTO-INJECTOR, MYLAN DIRECTIONS

1. Remove the EpiPen®, EpiPen Jr®, authorized generic of EpiPen®, USP auto-injector, Mylan from the clear carrier tube.
2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward.
3. With your other hand, remove the blue safety release by pulling straight up.
4. Swing and push the auto-injector firmly into the middle of the outer thigh until it 'clicks'.
5. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
6. Remove and massage the area for 10 seconds.
7. Call 911 and get emergency medical help right away.



## IMPAX EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF ADRENACLICK®), USP AUTO-INJECTOR, IMPAX LABORATORIES DIRECTIONS

1. Remove epinephrine auto-injector from its protective carrying case.
2. Pull off both blue end caps: you will now see a red tip.
3. Grasp the auto-injector in your fist with the red tip pointing downward.
4. Put the red tip against the middle of the outer thigh at a 90-degree angle, perpendicular to the thigh.
5. Press down hard and hold firmly against the thigh for approximately 10 seconds.
6. Remove and massage the area for 10 seconds.
7. Call 911 and get emergency medical help right away.



## ADMINISTRATION AND SAFETY INFORMATION FOR ALL AUTO-INJECTORS

1. Do not put your thumb, fingers or hand over the tip of the auto-injector or inject into any body part other than mid-outer thigh. In case of accidental injection, go immediately to the nearest emergency room.
2. If administering to a young child, hold their leg firmly in place before and during injection to prevent injuries.
3. Epinephrine can be injected through clothing if needed.
4. Call 911 immediately after injection.

## OTHER DIRECTIONS/INFORMATION

## SELF-CARRY AUTHORIZATION

- Physician acknowledgement of training in the proper use of auto-injector
- Self-carry (student is capable of possession and proper use of auto-injector)

Treat the person before calling emergency contacts. The first signs of a reaction can be mild, but symptoms can get worse quickly.

## EMERGENCY CONTACTS – CALL 911

Rescue Squad: \_\_\_\_\_  
Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_  
Parent/Guardian: \_\_\_\_\_ Phone: \_\_\_\_\_

## OTHER EMERGENCY CONTACTS

Name/Relationship: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Name/Relationship: \_\_\_\_\_  
Phone: \_\_\_\_\_

Physician signature

Date

Parent/Guardian authorization signature

Date