



Anaphylaxis/Allergy Emergency Action Plan

Student's Name: _____ DOB: _____ Teacher: _____

Allergens: _____

Asthmatic Yes* No *Higher risk for severe reaction

◆STEP 1: TREATMENT◆

<u>Symptoms:</u>	<u>Give Checked Medication:</u> (Completed by healthcare professional only)
* If exposure to an allergen has occurred without any <i>symptoms</i> :	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Antihistamine
* Mouth: Itching, tingling, or swelling of lips, tongue, mouth	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Antihistamine
* Skin: Hives, itchy rash, swelling of the face or extremities	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Antihistamine
* GI: Nausea, abdominal cramps, vomiting, diarrhea	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Antihistamine
* Throat† Tightening of throat, hoarseness, hacking cough	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Antihistamine
* Lungs† Shortness of breath, repetitive coughing, wheezing	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Antihistamine
* Heart† Weak or thready pulse, low blood pressure, fainting, pale, blueness	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Antihistamine
* Other† _____	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Antihistamine
* If reaction is progressing (several of the above areas affected), give: _____	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Antihistamine

†Potentially life-threatening. The severity of symptoms can quickly change.

Epinephrine: inject IM (circle) EpiPen® EpiPen® Jr. Twinject® 0.3 mg Twinject® 0.15 mg
Auvi-Q® 0.3 mg Auvi-Q® 0.15 mg

Antihistamine: give _____
medication/dose/route

Other: give _____
medicationsdose/route

Self-Administration of prefilled Epinephrine Auto-Injector:

I have instructed _____ (student's name) in the proper use of his/her Epinephrine Auto-Injector. It is my professional opinion that he or she...

- is capable of self-administering epinephrine and understands the purpose of the medication, the time at which or circumstances under which the medicine may be administered, and the period for which the medicine is prescribed. He/she should be allowed to carry and self-administer the following medications while on school property or at school-related events for the current school year.
- should NOT be allowed to carry and self-administer epinephrine.

Parent signature below authorizes CFISD staff to consult with the Healthcare Provider listed below for any concerns regarding the treatment or care of the student listed above. Emergency action plans must be renewed annually.

Parent/Guardian's Signature _____ Date _____

Healthcare Provider's Signature _____ Date _____

◆STEP 2: Emergency Contacts◆

1. Activate EMS and share relevant assessment and treatment information

2. Dr. _____

Phone Number: _____

3. Parent _____

Phone Number(s) _____

3. Emergency contacts: Name/Relationship

Phone Number(s)

a. _____

1) _____ 2) _____

b. _____

1) _____ 2) _____

Trained Staff:

1. _____

Room _____

2. _____

Room _____

3. _____

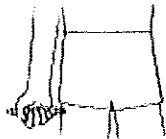
Room _____

EpiPen® and EpiPen® Jr. Directions

- Pull off gray activation cap



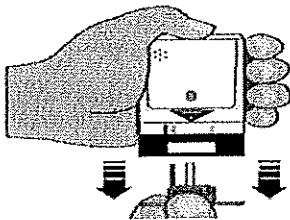
- Hold black tip near outer thigh (always apply to thigh)



- 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

Auvi-Q Directions

- Pull off outer cover/red activation cap
- Follow voice prompts for injection



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

