

**CONFIDENTIAL**

**SEVERE ALLERGY AND ANAPHYLAXIS EMERGENCY CARE PLAN**

**HEALTH CARE PROVIDER: PLEASE COMPLETE & FAX TO HEALTH SERVICES @ (503) 316-3500**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Student ID: \_\_\_\_\_ School: \_\_\_\_\_

**SEVERE ALLERGY TO THE FOLLOWING:** \_\_\_\_\_

CHECK BELOW:

[ ] Give epinephrine immediately if the allergen was definitely eaten, even if no symptoms are noted.

[ ] Give epinephrine immediately if stung by the allergen (bee, wasp, etc.).

**ASTHMA:** [ ] Yes (higher risk for a severe reaction) Other: \_\_\_\_\_

**MEDICATIONS/DOSES**

Epinephrine brand: \_\_\_\_\_ Epinephrine dose: [ ] 0.15 mg [ ] 0.3 mg

Antihistamine brand/generic: \_\_\_\_\_ Antihistamine dose: \_\_\_\_\_

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

**Do not depend on antihistamines or inhaler (bronchodilator) to treat a severe reaction. USE EPINEPHRINE.**

[ ] Yes [ ] No Student has been instructed in the correct and responsible use of this medication and may carry / self medicate independently.

HEALTH CARE PROVIDER SIGNATURE

PRINT PROVIDER'S NAME

PHONE/FAX

DATE

**SEVERE SYMPTOMS**

**INJECT EPINEPHRINE IMMEDIATELY**

FOR ANY OF THE FOLLOWING



**LUNGS**

Shortness of breath, wheezing, repetitive cough



**HEART**

Pale/blue skin, faint/weak pulse, dizziness



**THROAT**

Tightness, hoarseness, trouble breathing/ swallowing



**MOUTH**

Significant swelling of the tongue/ 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

**MILD SYMPTOMS**



**NOSE**

Itching, running, sneezing



**MOUTH**

Itchy mouth



**SKIN**

A few hives, mild itchiness



**GUT**

Mild nausea/ discomfort



FOR MILD SYMPTOMS, FOLLOW THE DIRECTIONS BELOW:

- Antihistamines may be given, if provided by parent.
- Stay with person; alert emergency contacts.
- Watch closely for changes. If symptoms worsen, give epinephrine.



**FOR TWO OR MORE MILD SYMPTOMS, OR IF SYMPTOMS ARE WORSENING, GIVE EPINEPHRINE**

- **THEN: CALL 911.** Tell them the child is having anaphylaxis.
- Give the following medications as directed **after** epinephrine:
  - ⇒ Antihistamine
  - ⇒ Prescribed Rescue Inhaler if wheezing
- Sit or lay student in position of comfort; raise legs and keep warm. If vomiting, let them sit up or lie on their side.
- If the student's condition does not change or worsens after 5 minutes, administer their second epinephrine if available.
- Alert emergency contacts.
- EMS to transport student to ER even if symptoms resolve, unless parent is on school site and chooses to transport student themselves.