

 **FARE** **FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN**  
Food Allergy Research & Education

**PLACE  
STUDENT'S  
PICTURE  
HERE**

Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

Allergy to: \_\_\_\_\_








Weight: \_\_\_\_\_ lbs.

**Asthma:** [ ] Yes (higher risk for a severe reaction) [ ] No

**For a suspected or active food allergy reaction:**

**FOR ANY OF THE FOLLOWING SEVERE SYMPTOMS**

[ ] If checked, give epinephrine immediately if the allergen was definitely eaten, even if there are no symptoms.

			
<b>LUNG</b>	<b>HEART</b>	<b>THROAT</b>	<b>MOUTH</b>
Short of breath, wheezing, repetitive cough	Pale, blue, faint, weak pulse, dizzy	Tight, hoarse, trouble breathing/ swallowing	Significant swelling of the tongue and/or lips
			<b>OR A COMBINATION of mild or severe symptoms from different body areas.</b>
<b>SKIN</b>	<b>GUT</b>	<b>OTHER</b>	
Many hives over body, widespread redness	Repetitive vomiting or severe diarrhea	Feeling something bad is about to happen, anxiety, confusion	





**NOTE:** Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. **Use Epinephrine.**

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- INJECT EPINEPHRINE IMMEDIATELY.**
  - Call 911.** Request ambulance with epinephrine.
    - Consider giving additional medications (following or with the epinephrine):
      - » Antihistamine
      - » Inhaler (bronchodilator) if asthma
    - Lay the student flat and raise legs. 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 student to ER even if symptoms resolve. Student should remain in ER for 4+ hours because symptoms may return.

**NOTE: WHEN IN DOUBT, GIVE EPINEPHRINE.**

**MILD SYMPTOMS**

[ ] If checked, give epinephrine immediately for ANY symptoms if the allergen was likely eaten.

	
<b>NOSE</b>	<b>MOUTH</b>
Itchy/runny nose, sneezing	Itchy mouth
	
<b>SKIN</b>	<b>GUT</b>
A few hives, mild itch	Mild nausea/discomfort

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- GIVE ANTIHISTAMINES, IF ORDERED BY PHYSICIAN**
- Stay with student; alert emergency contacts.
- Watch student 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: \_\_\_\_\_

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


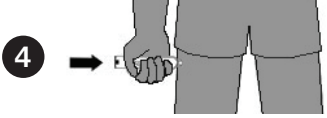
\_\_\_\_\_

PARENT/GUARDIAN AUTHORIZATION SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_ PHYSICIAN/HCP AUTHORIZATION SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

 **FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN**

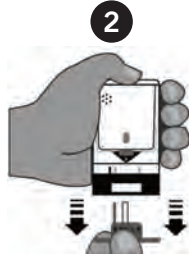
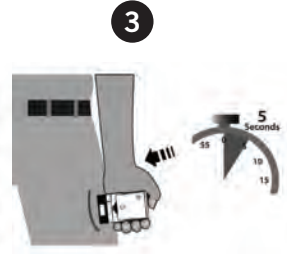
**EPIPEN® (EPINEPHRINE) AUTO-INJECTOR DIRECTIONS**

1. Remove the EpiPen Auto-Injector from the plastic carrying case.
2. Pull off the blue safety release cap.
3. Swing and firmly push orange tip against mid-outer thigh.
4. Hold for approximately 10 seconds.
5. Remove and massage the area for 10 seconds.

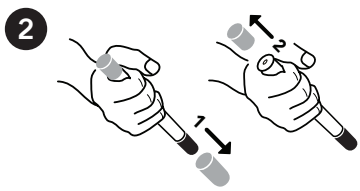
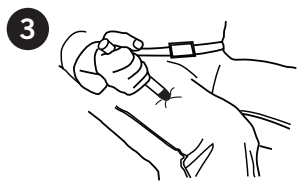
**AUVI-Q™ (EPINEPHRINE INJECTION, USP) DIRECTIONS**

1. Remove the outer case of Auvi-Q. This will automatically activate the voice instructions.
2. Pull off red safety guard.
3. Place black end against mid-outer thigh.
4. Press firmly and hold for 5 seconds.
5. Remove from thigh.

**ADRENACLICK®/ADRENACLICK® GENERIC DIRECTIONS**

1. Remove the outer case.
2. Remove grey caps labeled "1" and "2".
3. Place red rounded tip against mid-outer thigh.
4. Press down hard until needle penetrates.
5. Hold for 10 seconds. Remove from thigh.

**OTHER DIRECTIONS/INFORMATION** (may self-carry epinephrine, may self-administer epinephrine, etc.):

Treat student before calling Emergency Contacts. The first signs of a reaction can be mild, but symptoms can get worse quickly.

EMERGENCY CONTACTS — CALL 911	OTHER EMERGENCY CONTACTS
RESCUE SQUAD: _____	NAME/RELATIONSHIP: _____
DOCTOR: _____ PHONE: _____	PHONE: _____
PARENT/GUARDIAN: _____ PHONE: _____	NAME/RELATIONSHIP: _____
	PHONE: _____

PARENT/GUARDIAN AUTHORIZATION SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_