

# Anaphylaxis Action Plan

For those requiring emergency EPINEPHRINE treatment  
"Anaphylaxis is a serious allergic reaction that is rapid in onset and may cause death."  
(National Institute of Allergy & Infectious Disease, 2010)

School Year: \_\_\_\_\_

Photo

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

ALLERGIC to: \_\_\_\_\_

History of Asthma:  Yes (*more at risk for severe reaction*)  No

May self-carry medications:  Yes  No

May self administer medications:  Yes  No

## Medication Doses

### EPINEPHRINE Dose:

- |  |   |
|--|---|
| <b>Up to 55 lbs.</b> (25 kg)                   | <b>Over 55 lbs.</b> (25 kg)                   |
| <input type="checkbox"/> EpiPen Jr. (0.15 mg)  | <input type="checkbox"/> EpiPen (0.3 mg)      |
| <input type="checkbox"/> Adrenaclick (0.15 mg) | <input type="checkbox"/> Adrenaclick (0.3 mg) |
| <input type="checkbox"/> Twinject (0.15 mg)    | <input type="checkbox"/> Twinject (0.3 mg)    |

### \*Antihistamine Type + Dose:

- Benadryl (also known as Diphenhydramine)
- 12.5 mg (1 teaspoon or 1 chewable)
- 25 mg (2 teaspoons or 2 chewables)
- 50 mg (4 teaspoons or 4 chewables)
- Other antihistamine: \_\_\_\_\_

**Extremely reactive to the following foods:** \_\_\_\_\_

### 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.

### Any SEVERE SYMPTOMS after suspected or known ingestion:

#### One or more of the following:

- Lung: Short of breath, wheeze, repetitive cough
- Heart: Pale, blue, faint, weak pulse, dizzy, confused
- Throat: Tight, hoarse, trouble breathing/swallowing
- Mouth: Obstructive swelling (tongue and/or lips)
- Skin: Many hives over body

#### Or combination of symptoms from different body areas:

- Skin: Hives, itchy rashes, swelling (eyes, lips)
- Gut: Vomiting, crampy pain

- 1. INJECT EPINEPHRINE IMMEDIATELY**
2. Call 911
3. Begin monitoring (as specified below)
4. Give additional medications:\*
  - Antihistamine
  - Inhaler (bronchodilator) if asthma

\*Antihistamines & inhalers/bronchodilators are not to be depended upon to treat severe reaction (anaphylaxis). USE EPINEPHRINE.

### MILD SYMPTOMS only:

- Mouth: Itchy Mouth
- Skin: A few hives around mouth/face, mild itch
- Gut: Mild nausea/discomfort

- 1. GIVE ANTIHISTAMINE**
2. Stay with student; alert healthcare professionals and parent/guardian
3. If symptoms progress (see above) USE EPINEPHRINE
4. Begin monitoring (as specified below)

**For unique situations:** \_\_\_\_\_

## Monitoring

A **SECOND DOSE** of EPINEPHRINE can be given 5 minutes or more after the first if symptoms persist or recur.

**Stay with person; alert healthcare professionals and parent/guardian.** Tell EMS/911 EPINEPHRINE was given. Note time when EPINEPHRINE was administered. For a severe reaction, consider keeping person lying on back with legs raised. Treat person even if parents cannot be reached. See back/attached for auto-injection technique.

Provider Signature: \_\_\_\_\_

Phone

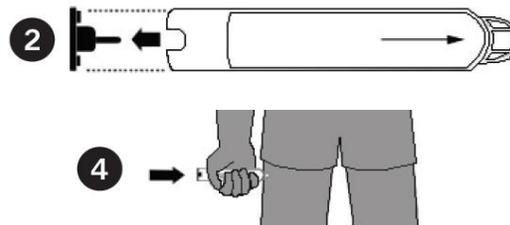
Date

Printed Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

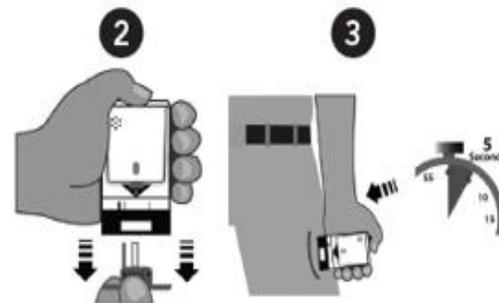
### EPIPEN® (EPINEPHRINE) AUTO-INJECTOR DIRECTIONS:

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.



### AUVI-Q™ (EPINEPHRINE INJECTION, USP) DIRECTIONS:

1. Remove the OUTER CASE OF THE 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.



### TWINJECT® 0.3 and 0.15 mg (EPINEPHRINE) DIRECTIONS

1. Remove Caps labeled "1" and "2"
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:

3. Unscrew rounded tip. Pull syringe from barrel by holding collar at needle base.
4. Slide collar off plunger.
5. Put needle into thigh through skin, push plunger down all the way and remove.



**Other Directions/Information** (may self-carry epinephrine, may self-administer epinephrine, etc.):

### EMERGENCY CONTACTS – CALL 911

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

<b>Doctor:</b>	<b>Phone:</b>
<b>Parent/guardian:</b>	<b>Phone:</b>
<b>Parent/guardian:</b>	<b>Phone:</b>
<b>OTHER EMERGENCY CONTACTS</b>	
<b>Name/Relationship:</b>	<b>Phone:</b>
<b>Name/Relationship:</b>	<b>Phone:</b>

**Parent/guardian authorization signature:**

*Date:*