

PLACE
 PICTURE
 HERE

Name: _____ D.O.B.: _____

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 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.

 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: _____

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

PARENT/GUARDIAN AUTHORIZATION SIGNATURE

DATE

PHYSICIAN/HCP AUTHORIZATION SIGNATURE

DATE