

PLEASANTON UNIFIED SCHOOL DISTRICT

FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

Name:		School:	Student ID#	D.O.B.:	PLACE
Allergy to:					STUDENT'S PICTURE HERE
Weight:	lbs.	As	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.



Short of breath. wheezing. repetitive cough



Pale, blue, faint,



Tight, hoarse, weak pulse, dizzy trouble breathing/ swallowing



Significant swelling of the tongue and/or lips



Many hives over body, widespread redness



Repetitive vomiting or severe diarrhea



OTHER Feeling

something bad is about to happen, anxiety, confusion

OR A COMBINATION

of mild or severe symptoms from different body areas.

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







1. INJECT EPINEPHRINE IMMEDIATELY.

- 2. **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.

ILD SYMPTOMS

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



Itchy/runny nose, sneezing



SKIN

A few hives, mild itch



Itchy mouth



Mild nausea/discomfort







1. GIVE ANTIHISTAMINES, IF ORDERED BY PHYSICIAN

- 2. Stay with student; alert emergency contacts.
- 3. Watch student closely for changes. If symptoms worsen, GIVE EPINEPHRINE.

MEDICATIONS/DOSES

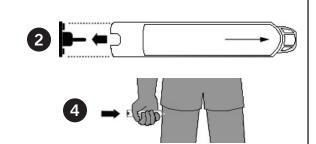
Epinephrine Brand:					
Epinephrine Dose: [] 0.15 mg IM [] 0.3 mg IM					
Antihistamina Prand or Canaria					
Antihistamine Brand or Generic:					
Antihistamine Dose:					
Other (e.g., inhaler-bronchodilator if asthmatic):					

Physician's Stamp

FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

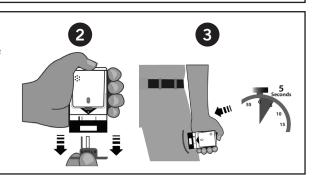
EPIPEN® (EPINEPHRINE) AUTO-INJECTOR DIRECTIONS

- 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

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