



Middlesex

Food Allergy and Anaphylaxis Emergency Care Plan

Name _____ D.O.B. _____

Allergy to: _____

Weight: _____ lbs. Asthma?: Yes (higher risk for a severe reaction) No

Epinephrine has not been prescribed for this food allergy if checked.

For suspected or active food allergy reaction:

Give epinephrine immediately if the allergen was definitely eaten, even if there are no symptoms if checked.

Give epinephrine immediately for severe symptoms:

Short of breath, wheezing, repetitive coughing

Weak pulse, faint, dizzy, pale

Tight throat, hoarse, trouble swallowing

Significant swelling of lips and/or tongue

Widespread hives

Repetitive vomiting or severe diarrhea

Anxiety, confusion

Or a combination of mild or severe symptoms from different body areas

Give epinephrine immediately if the allergy was likely eaten and any mild symptoms are present, if checked

Mild Symptoms:

Itchy runny nose, sneezing

Itchy mouth

A few hives, mild itch

Mild nausea/discomfort

May give Antihistamine first if mild symptoms only are present if checked

Stay with student, alert parents and health care professional. If symptoms progress, USE EPINEPHRINE.

If epinephrine is given, call 911. Request an ambulance with epinephrine. Note time when epinephrine was given. A second dose of epinephrine can be given 5 minutes or more after the first if symptoms persist or recur.

Physician's signature _____ Date _____

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