



# 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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