

## FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

Name:		PLACE PICTURE HERE	
Weight: Ibs. Asthma:  \( \subseteq \text{ Yes (higher risk for a severe reaction)} \) \( \subseteq \text{ No} \)			
NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. USE EPINEPHRINE.			
Extremely reactive to the following allergens:  THEREFORE:  If checked, give epinephrine immediately if the allergen was LIKELY eaten, for ANY symptoms.  If checked, give epinephrine immediately if the allergen was DEFINITELY eaten, even if no symptoms are apparent.			
FOR ANY OF THE FOLLOWING:  SEVERE SYMPTOMS  LUNG Shortness of breath, wheezing, repetitive cough  HEART Pale or bluish skin, faintness, weak pulse, dizziness  THROAT Tight or hoarse throat, trouble breathing or swelling of the tongue or lips	NOSE Itchy or runny nose, sneezing  FOR MILD SYMPTOMS FROM MOR SYSTEM AREA, GIVE EPINEP	GUT s, Mild nausea or discomfort	
SKIN SKIN GUT OTHER Many hives over body, widespread redness OR A COMBINATION of symptoms from different body areas.  something bad is about to happen, anxiety, confusion  INJECT EPINEPHRINE IMMEDIATELY.	FOR MILD SYMPTOMS FROM A SIN AREA, FOLLOW THE DIRECTION  1. Antihistamines may be given, if orchealthcare provider.  2. Stay with the person; alert emerger  3. Watch closely for changes. If symptogive epinephrine.	IS BELOW: dered by a ncy contacts.	
<ul> <li>2. Call 911. Tell emergency dispatcher the person is having anaphylaxis and may need epinephrine when emergency responders arrive.</li> <li>Consider giving additional medications following epinephrine:</li> </ul>	MEDICATIONS/DO  Epinephrine Brand or Generic:		
<ul> <li>Antihistamine</li> <li>Inhaler (bronchodilator) if wheezing</li> <li>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.</li> <li>If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.</li> <li>Alert emergency contacts.</li> </ul>	Epinephrine Dose:   O.1 mg IM   O.15 mg  Antihistamine Brand or Generic:   Antihistamine Dose:   Other (e.g., inhaler-bronchodilator if wheezing):		

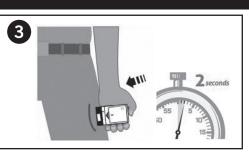
Transport patient to ER, even if symptoms resolve. Patient should remain in ER for at least 4 hours because symptoms may return.



### FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

#### HOW TO USE AUVI-Q® (EPINEPRHINE INJECTION, USP), KALEO

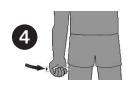
- 1. Remove Auvi-Q from the outer case.
- 2. Pull off red safety guard.
- 3. Place black end of Auvi-Q against the middle of the outer thigh.
- 4. Press firmly until you hear a click and hiss sound, and hold in place for 2 seconds.
- 5. Call 911 and get emergency medical help right away.



## HOW TO USE EPIPEN® AND EPIPEN JR® (EPINEPHRINE) AUTO-INJECTOR AND EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF EPIPEN®), USP AUTO-INJECTOR, MYLAN AUTO-INJECTOR, MYLAN

- 1. Remove the EpiPen® or EpiPen Jr® Auto-Injector from the clear carrier tube.
- 2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward.
- 3. With your other hand, remove the blue safety release by pulling straight up.
- 4. Swing and push the auto-injector firmly into the middle of the outer thigh until it 'clicks'.
- 5. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
- 6. Remove and massage the injection area for 10 seconds.
- 7. Call 911 and get emergency medical help right away.





## HOW TO USE IMPAX EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF ADRENACLICK®), USP AUTO-INJECTOR, IMPAX LABORATORIES

- 1. Remove epinephrine auto-injector from its protective carrying case.
- 2. Pull off both blue end caps: you will now see a red tip.
- 3. Grasp the auto-injector in your fist with the red tip pointing downward.
- 4. Put the red tip against the middle of the outer thigh at a 90-degree angle, perpendicular to the thigh.
- 5. Press down hard and hold firmly against the thigh for approximately 10 seconds.
- 6. Remove and massage the area for 10 seconds.
- 7. Call 911 and get emergency medical help right away.

# 5 Push 10 sec

#### ADMINISTRATION AND SAFETY INFORMATION FOR ALL AUTO-INJECTORS:

- 1. Do not put your thumb, fingers or hand over the tip of the auto-injector or inject into any body part other than mid-outer thigh. In case of accidental injection, go immediately to the nearest emergency room.
- 2. If administering to a young child, hold their leg firmly in place before and during injection to prevent injuries.
- 3. Epinephrine can be injected through clothing if needed.
- 4. Call 911 immediately after injection.

OTHER DIRECTIONS/INFORMATION (may self-carry epinephrine, may self-administer epinephrine, etc.):

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

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