

TREDYFFRIN EASTTOWN SCHOOL DISTRICT - Food Allergy and Anaphylaxis Emergency Plan

Student Name: \_\_\_\_\_

Allergic to: \_\_\_\_\_ D.O.B.: \_\_\_\_\_ Weight: \_\_\_\_\_

Student  
Picture

**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.



**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 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 Emergency Room (ER) even if symptoms resolve. Student should remain in ER for 4+ hours because symptoms may return.

**NOTE: When in doubt, give Epinephrine**

**MILD SYMPTOMS**

[ ] if checked, give epinephrine immediately for Any symptoms if the allergen was likely eaten.



**Nose**

Itchy/runny nose, sneezing



**Mouth**

Itchy mouth



**Skin**

A few hives, mild itch



**Gut**

Mild nausea/discomfort

1. **Give Antihistamines if ordered by the physician**
2. Stay with student; alert emergency contacts.
3. Watch student closely for changes. If symptoms worsen, **give Epinephrine.**

**Medication / Doses**

Student has order to self-carry \_\_\_yes \_\_\_no

Physician signature \_\_\_\_\_

Student has order to self-administer \_\_\_yes \_\_\_no

Physician signature \_\_\_\_\_

Epinephrine Brand: \_\_\_\_\_

Epinephrine Dose: [ ] 0.15 mg Im [ ] 0.3 mg Im

Antihistamine: Brand and Dose: \_\_\_\_\_

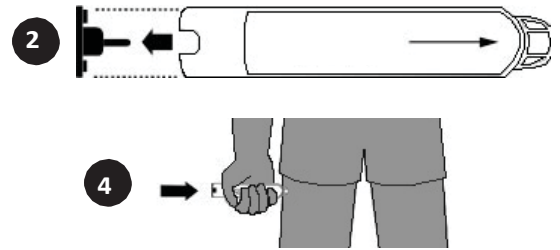
Other (e.g., inhaler-bronchodilator if asthmatic): \_\_\_\_\_

Parent signature \_\_\_\_\_ Date \_\_\_\_\_ Physician signature \_\_\_\_\_ Date \_\_\_\_\_

Student Name: \_\_\_\_\_

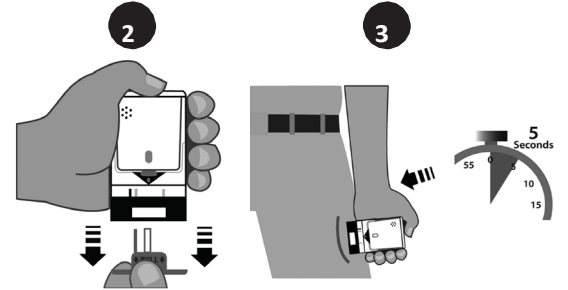
**EPIPEN® (EPINEPHRINE) AUTO-INJECTOR Directions**

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**

1. 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.



**ADRENALiCK®/ADRENALiCK® 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 — CALL 911**

RESCUE SQUAD: \_\_\_\_\_

DOCTOR: \_\_\_\_\_ PHONE: \_\_\_\_\_

PARENT/GUARDIAN: \_\_\_\_\_ PHONE: \_\_\_\_\_

**OTHER EMERGENCY CONTACTS**

NAME/RELATIONSHIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

NAME/RELATIONSHIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

PARENT/GURADIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_