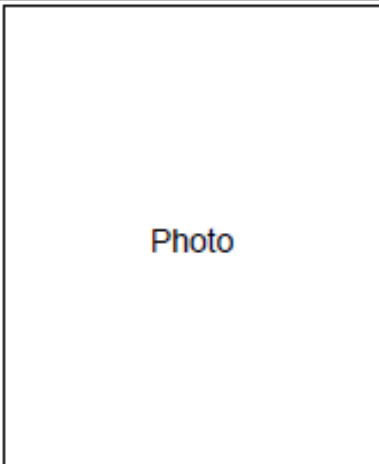




**Anaphylaxis Emergency Plan For:** \_\_\_\_\_  
(NAME)

*This person has a potentially life-threatening allergy (anaphylaxis) to:*



(Check the appropriate boxes.)

- |                                    |   |
|------------------------------------|---|
| <input type="checkbox"/> Peanut    | <input type="checkbox"/> Other: <i>please elaborate</i> _____ |
| <input type="checkbox"/> Tree Nuts | <input type="checkbox"/> Insect stings                        |
| <input type="checkbox"/> Egg       | <input type="checkbox"/> Latex                                |
| <input type="checkbox"/> Milk      | <input type="checkbox"/> Medication: _____                    |

**Food:** the key to preventing an anaphylactic emergency is absolute avoidance of the allergen. People with food allergies should not share food or eat unmarked/bulk foods or products with a "may contain" warning.

**Epinephrine Auto-Injector: Expiry Date:** \_\_\_\_\_

- Dosage:**  EpiPen® Jr. 0.15 mg       EpiPen® 0.30 mg  
 Twinject™ 0.15 mg       Twinject™ 0.30 mg

**Storage Location of Auto-Injector(s):** \_\_\_\_\_

- Asthmatic:** Person is at greater risk. If person is having a reaction and has difficulty breathing, give epinephrine auto-injector **before** asthma medication.

**Monitoring and Avoidance Strategies for this child:**

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*A person having an anaphylactic reaction might have ANY of these signs and symptoms:*

- **Skin:** hives, swelling, itching, warmth, redness, rash
- **Respiratory (breathing):** wheezing, shortness of breath, throat tightness, cough, hoarse voice, chest pain/tightness, nasal congestion or hay fever-like symptoms (runny itchy nose and watery eyes, sneezing), trouble swallowing
- **Gastrointestinal (stomach):** nausea, pain/cramps, vomiting, diarrhea
- **Cardiovascular (heart):** pale/blue colour, weak pulse, passing out, dizzy/light headed, shock
- **Other:** anxiety, feeling of "impending doom", headache

*Early recognition of symptoms and immediate treatment could save a person's life.*

**Act quickly. The first signs of a reaction can be mild, but symptoms can get worse very quickly.**

1. Give epinephrine auto injector (e.g. Epi-pen or Twin-ject) as prescribed, at the first sign of a reaction occurring in conjunction with a known or suspected contact with allergen.
2. Call 911. Tell them someone is having a life-threatening allergic reaction. Ask them to send an ambulance immediately.
3. Go to the nearest hospital, even if symptoms are mild or have stopped. Stay in the hospital for an appropriate period of observation, generally 4 hours, but at the discretion of the ER physician. The reaction could come back.
4. Call contact person.

Emergency Contact Information				
Name	Relationship	Home Phone	Work Phone	Cell Phone

*The undersigned parent/ guardian authorizes any staff, student, or volunteer to administer noted medication(s) to the above-named person in the event of an anaphylactic reaction, as described above. The undersigned physician has reviewed this child's Anaphylaxis Emergency Plan.*

\_\_\_\_\_  
Parent/Guardian Signature      Date      Physician Signature      Date