

Name: _____

D.O.B.: _____

Allergy _____

Weight: _____ lbs. Asthma: Yes (higher risk for a severe reaction) 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

Short of Breath,
Wheezing,
Repetitive cough



HEART

Pale, Blue, Faint
weak pulse, dizzy



THROAT

Tight, hoarse,
trouble
breathing/swallow



MOUTH

Significant swelling
tongue/and or lips



SKIN

Many hives over
Body, widespread
Redness



GUT

Repetitive vomiting
severe diarrhea



OTHER

Feeling of doom,
anxiety, confusion

OR A
COMBINATION

of symptoms
from different
body areas

1. **INJECT EPINEPHRINE IMMEDIATELY.**
2. **Call 911.** Tell emergency dispatcher the person is having anaphylaxis and may need epinephrine when emergency responders arrive.
- Consider giving additional medications following epinephrine:
 - » Antihistamine
 - » Inhaler (bronchodilator) if wheezing
- 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.
- 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 patient to ER, even if symptoms resolve. Patient should remain in ER for at least 4 hours because symptoms may return.

Physician/HCP _____ Date: _____

Parent/Guardian _____ Date: _____

MILD SYMPTOMS



NOSE

Itchy/Runny
Nausea/
Nose, sneezing



MOUTH

Itchy Mouth



SKIN

A few hives
mild itch



GUT

Mild
discomfort

FOR MILD SYMPTOMS FROM MORE THAN ONE SYSTEM AREA, GIVE EPINEPHRINE.

FOR MILD SYMPTOMS FROM A SINGLE SYSTEM AREA, FOLLOW THE DIRECTIONS BELOW:

1. Antihistamines may be given, if ordered by a healthcare provider.
2. Stay with the person; alert emergency contacts.
3. Watch closely for changes. If symptoms worsen, give epinephrine.

MEDICATIONS/DOSES

Epinephrine Brand or Generic: _____

Epinephrine Dose: 0.15 mg IM 0.3 mg IM

Antihistamine: _____

Other (e.g., inhaler-bronchodilator if wheezing): _____

Student May Self Administer: () Yes () No

