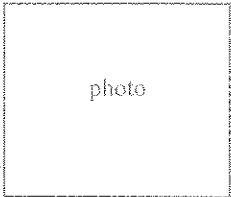


Anaphylaxis Action Plan

For those requiring emergency epinephrine treatment

"Anaphylaxis is a serious allergic reaction that is rapid in onset and may cause death."



Name _____

D.O.B _____

ALLERGIC to: _____

History of Asthma: Yes* No History of Anaphylaxis: Yes* No *More at risk for severe reaction

**STEP 1:
REPARING**
for an emergency

EPINEPHRINE DOSE: *keep 2 doses on hand*

- EpiPen Jr. (0.15 mg) – up to 44 lbs (20 kg)
- EpiPen (0.3 mg) – above 44 lbs
- Twinject (0.15 mg) – up to 44 lbs
- Twinject (0.3mg) – above 44 lbs

ANTIHISTAMINE TYPE + DOSE:

- Benadryl (also known as Diphenhydramine)
 - 12.5 mg (1 teaspoon or 1 chewable)
 - 25 mg (2 teaspoons or 2 chewables)
 - 50 mg (4 teaspoons or 4 chewables)
- Other antihistamine _____

May self-carry medications: Yes No

May self-administer medications: Yes No

**STEP 2:
EVALUATING**
their reaction

| BODY SYSTEMS: | SYMPTOMS: |
|---------------|--|
| Mouth | Itching, tingling, or swelling of lips, tongue, or mouth |
| Skin | Hives, itchy rash, or swelling |
| Gut | Nausea, abdominal cramps, vomiting, or diarrhea |
| Throat | Tightening of throat, hoarseness, or hacking cough |
| Lung | Shortness of breath, coughing, or wheezing |
| Heart | Weak pulse, dizziness, fainting, or pale or blue skin |
| OTHER: | |

**STEP 3:
TREATING**
him/her in an emergency

- If allergic food EATEN and ... ANY SYMPTOMS other than mouth
 - If allergic food NOT known to be eaten, plus TWO or more body systems of symptoms
 - If bee sting
1. GIVE EPINEPHRINE
2. CALL 911
3. GIVE ANTIHISTAMINE
4. RE-EVALUATE AS IN STEP 4

- If allergic food EATEN and NO SYMPTOMS
 - If allergic food EATEN and ... SYMPTOMS
- 1. GIVE ANTIHISTAMINE**
2. CONTINUE TO WATCH PERSON FOR SYMPTOMS
- OR**
- 1. GIVE EPINEPHRINE**
2. CALL 911
3. GIVE ANTIHISTAMINE
4. RE-EVALUATE AS IN STEP 4

**STEP 3b:
TREATING**
for unique

**STEP 4:
RE-EVALUATING**

**STEP 5:
ALERTING**
Parent or emergency

_____ see additional page

Watch person closely until transport to Emergency Department. If symptoms of throat, lung or heart are worsening or not improving, GIVE a second dose of Epinephrine after **5 MINUTES**.

1. _____ phone #(s) _____
2. _____ phone #(s) _____

Don't wait for emergency contact before treating the person and sending them to an Emergency Dept. via ambulance

Health care provider _____ Signature _____ Date _____ Office: _____

Parent signature _____ Cell: _____ Phone: _____

TRAINED STAFF MEMBERS

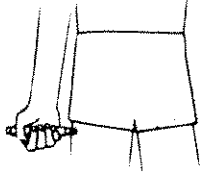
1. _____ Room _____
2. _____ Room _____
3. _____ Room _____

EpiPen® and EpiPen® Jr. Directions

- Pull off gray activation cap.



- Hold black tip near outer thigh (always apply to thigh).



- Swing and jab firmly into outer thigh until Auto-Injector mechanism functions. Hold in place and count to 10. Remove the EpiPen® unit and massage the injection area for 10 seconds.

Twinject™ 0.3 mg and Twinject™ 0.15 mg Directions



- Pull off green end cap, then red end cap.
- Put gray cap against outer thigh, press down firmly until needle penetrates. Hold for 10 seconds, then remove.



SECOND DOSE ADMINISTRATION:
If symptoms don't improve after 10 minutes, administer second dose:

- Unscrew gray cap and pull syringe from barrel by holding blue collar at needle base.
- Slide yellow or orange collar off plunger.
- Put needle into thigh through skin, push plunger down all the way, and remove.



Once EpiPen® or Twinject™ is used, call the Rescue Squad. Take the used unit with you to the Emergency Room. Plan to stay for observation at the Emergency Room for at least 4 hours.

For children with multiple food allergies, consider providing separate Action Plans for different foods.

**Medication checklist adapted from the Authorization of Emergency Treatment form developed by the Mount Sinai School of Medicine. Used with permission.

