



Severe Allergic Reaction Emergency School Plan

Name: _____ DOB: _____ School: _____

Health Care Provider Please Fill out the Following:

SEVERE ALLERGIC REACTION TO THE FOLLOWING: _____

Check Below:

- Give epinephrine immediately if the allergen was definitely eaten, even if no symptoms are noted.
- Give epinephrine immediately for ANY symptom if the allergen was likely eaten.
- Give epinephrine immediately if stung by/exposed to allergen.

MEDICATIONS/DOSES:

Epinephrine Brand: _____ Epinephrine Dose: 0.15mg 0.3mg

Antihistamine Brand: _____ Antihistamine Dose: _____

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

*****Do not depend on antihistamine or inhaler to treat a severe reaction: USE EPINEPHRINE!*****

- student has permission to self-carry/administer epinephrine.
- student is not ready to self-medicate at school.

Physician/HCP (print name)

Physician/HCP authorization signature

Date

SEVERE SYMPTOMS INJECT EPINEPHRINE IMMEDIATELY FOR ANY OF THE FOLLOWING:



Lungs

Shortness of breath
Wheezing
Repetitive cough



Heart

Pale/Blue skin
Faint/weak pulse
Dizziness



Throat

Tightness
Hoarseness
Trouble breathing
Trouble swallowing



Mouth

Swelling of tongue
Swelling of lips



Skin

All over body hives
Widespread redness



Stomach

Repetitive vomiting
Severe Diarrhea
Severe stomach pain



Other

Anxiety
Confusion
Sense of doom

OR A COMBINATION

of symptoms from
different body areas



1. **INJECT EPINEPHRINE IMMEDIATELY.**
2. **CALL 911.** Tell dispatcher the person is having anaphylaxis.
 - Consider giving additional medications after epinephrine:
 - Antihistamine
 - Inhaler if wheezing
 - Lay the person flat, raise legs and keep warm. If vomiting, let them sit up or lie on their side.
 - If symptoms do not improve or worsen after 5 minutes, administer second epinephrine if available.
 - EMS to transport student to ER, unless parent is on site and chooses to transport student themselves.

Mild Symptoms



Nose

Itchy
Runny
Sneezing



Mouth

Itching



Skin

Few Hives
Mild Itching



Stomach

Nausea
Discomfort

For **MILD SYMPTOMS** from a **SINGLE SYSTEM**, follow the directions below:

1. Antihistamine may be given if ordered by health care provider.
2. Stay with the person; alert emergency contacts.

**FOR 2 OR MORE MILD SYMPTOMS,
OR IF SYMPTOMS ARE WORSENING,
GIVE EPINEPHRINE**

District RN Signature