Bishop Stang High School Allergy and Anaphylaxis Emergency Action Plan

Child's name: _____ Date of plan: _____

Date of birth: ___/____ /_____ Age _____ Weight: _____

Child has allergy to: _____

Child has asthma. □ Yes □ No (If yes, higher chance severe reaction)
Child has had anaphylaxis. □ Yes □ No
Child may carry medicine. □ Yes □ No
Child may give him/herself medicine. □ Yes □ No (If child refuses/is unable to self-treat, an adult must give medicine)

IMPORTANT REMINDER: Anaphylaxis is a potentially life-threating, severe allergic reaction. If in doubt, give epinephrine.

For Severe Allergy and Anaphylaxis ➜
What to look for

If child has ANY of these severe symptoms after eating the food or having a sting, **give epinephrine.**

- Shortness of breath, wheezing, or coughing
- Skin color is pale or has a bluish color
- Weak pulse
- Fainting or dizziness
- Tight or hoarse throat
- Trouble breathing or swallowing
- Swelling of lips or tongue that bother breathing
- Vomiting or diarrhea (if severe or combined with other symptoms)
- Many hives or redness over body
- Feeling of "doom," confusion, altered consciousness, or agitation

▢**SPECIAL SITUATION**: If this box is checked, child has an extremely severe allergy to an insect sting or the following food(s): _____. Even if child has MILD symptoms after a sting or eating these foods, **give epinephrine**.

Give epinephrine!
What to do

1. Inject epinephrine right away! (Note time)
2. Call 911:
   - Ask for an ambulance with epinephrine.
   - Tell rescue squad when epi was given.
3. Stay with child:
   - Call parents
   - Keep child lying on back. If the child vomits or has trouble breathing, put child lying on his or her side.

<u>*Antihistamines cannot be administered if a nurse is not present at the time of medical event such as a field trip or other outside of school activity. Refer to additional information section***</u>**

4. Give other medicine, if prescribed. Do not use other medicine in place of epinephrine.
   - Antihistamine
   - Inhaler/bronchodilator

For Mild Allergic Reaction ➜
What to look for

If child has had any mild symptoms, **monitor child.**
Symptoms may include:

- Itchy nose, sneezing, itchy mouth
- A few hives
- Mild stomach nausea or discomfort

Monitor child: What to do

Stay with child:

- Watch child closely.
- Give antihistamine (if prescribed) **per school protocol.**
- Call parents
- If more than 1 symptom or symptoms of severe allergy/anaphylaxis develop, use epinephrine. (See "For Severe Allergy and Anaphylaxis.")

Medicines/Doses **Epinephrine Dose: ▢ 0.15 mg ▢ 0.3 mg**

Antihistamine, by mouth (type and dose): _____

*****Antihistamines cannot be administered if a nurse is not present at the time of medical event such as a field trip or other outside of school activity Refer to other directions/ info section*****

Other (for example, inhaler/bronchodilator if child has asthma): _____

_____ _____ _____ _____

Parent/Guardian Authorization Signature **Date** **Physician/HCP Authorization Signature** **Date**

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Additional Information:

*****Physician and parent/guardian signature on this plan acknowledges the following*****

- ★ **Orders must be written for when a nurse is immediately available and when a nurse is not immediately available.**
- ★ **Non-medical staff trained in epinephrine administration can administer epinephrine to those diagnosed with a life-threatening allergy and prescribed an epinephrine auto-injector.**
- ★ **Non-medical staff cannot administer medications such as antihistamines or inhalers.**
    - **911 will be called to respond to every emergency. Further assessment and additional administration of medications will be determined at that time by EMS.**

Contacts

Doctor:_____ Phone: _____

Parent/Guardian: _____ Phone: _____

Parent/Guardian: _____ Phone: _____

Other Emergency Contacts

Name/Relationship: _____ Phone: _____

Name/Relationship: _____ Phone: _____

School Nurse Contact: _____ Phone: _____

Updated 10-23