

# Sisu

## INDIVIDUALIZED LIFE THREATENING ALLERGY EMERGENCY ACTION PLAN

Student's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Classroom: \_\_\_\_\_ Effective Date: \_\_\_\_\_

ALLERGY TO: \_\_\_\_\_

ASTHMATIC Yes \* \_\_\_\_\_ NO \_\_\_\_\_ \*High risk for severe reaction

### SIGNS OF AN ALLERGIC REACTION

( Circle symptoms appropriate to child )

#### Systems:

- Mouth
- Throat \*
- Skin
- Lung \*
- Heart \*
- Gut

#### Symptoms:

Itching, tingling or swelling of the lips, tongue, or mouth  
Itching and/or tightening of throat, hoarseness, hacking cough  
Hives, itchy rash, swelling about the face or extremities  
Shortness of breath, repetitive coughing, wheezing  
Weak or thready pulse, low blood pressure, fainting, paleness, blueness  
Nausea, vomiting, abdominal cramps, diarrhea

**\*Potentially Life Threatening. The severity of symptoms can quickly change.**

### ◀STEP 1: TREATMENT▶

Epinephrine: inject intramuscularly (check one) \_\_\_\_\_ 0.3mg EpiPen® \_\_\_\_\_ 0.15mg EpiPen Junior®  
\_\_\_\_\_ 0.3mg Twinject® \_\_\_\_\_ 0.15mg Twinject®

Antihistamine: give Benadryl \_\_\_\_\_ by mouth immediately.

Dosage

Other(e.g., inhaler-bronchodilator if asthmatic): \_\_\_\_\_

Special Instructions: \_\_\_\_\_

### ◀STEP 2: EMERGENCY CALLS▶

Call School Nurse if not present.

Call Emergency Medical Services: 9-1-1 immediately

Call: Parent/Guardian \_\_\_\_\_  
(Name) (Phone)

Call: Parent/Guardian \_\_\_\_\_  
(Name) (Phone)

**\*Possible side effects of Epinephrine:** Palpitations, tachycardia (rapid heart beat), sweating, nausea, vomiting, breathing difficulties, pale skin color, dizziness, weakness, tremor, headache, anxiety, apprehension and nervousness.

**\*Stay with child until emergency help arrives – position child on left side.**

**DO NOT HESITATE TO ADMINISTER MEDICATION OR CALL EMERGENCY MEDICAL SERVICES, EVEN IF PARENTS CANNOT BE REACHED!**

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

School Nurse Signature: \_\_\_\_\_ Date: \_\_\_\_\_

***\*All students must be transported to Northeast Georgia Medical Center by Emergency Medical Services (EMS) after receiving Epinephrine.\****