

# Action Plan for Allergic Reactions

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Allergy to: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Medication/EpiPen stored: \_\_\_\_\_

\_\_\_\_\_

Plan designed by: \_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_\_

## MILD TO MODERATE ALLERGIC REACTION

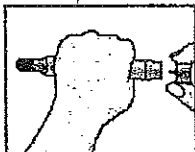
- Itching / tingling of lips, tongue, mouth
- Swelling of face, lips, eye lids
- Red, raised, itchy rash
- Hives or wheals
- Vomiting / tummy pain

## ACTION

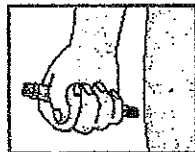
- Stay with \_\_\_\_\_ and send for medication
- Give antihistamine - \_\_\_\_\_ ml / mg
- Give blue inhaler – up to 10 puffs via a spacer (if asthmatic)
- Observe, allow to resume classroom activities if no further deterioration and \_\_\_\_\_ feels ok
- Notify parents

## HOW TO GIVE EPIPEN

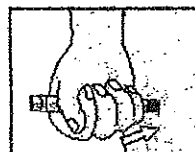
Form fist around EpiPen and pull off the grey cap.



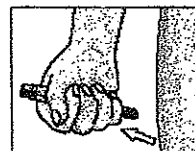
Point the black end towards outer mid-thigh.



Swing / push hard into thigh until a click is heard and hold in place for 10 seconds.



Remove EpiPen and be careful not to touch the needle.



## ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficulty / noisy breathing
- Wheeze / persistent cough
- Difficulty talking / hoarse voice
- Dizziness / feeling faint

## ACTION

- Call Ambulance
- Give prescribed EpiPen
- Contact parents

Additional Information

