

Health Plan for Student with Allergies

Student
Picture
Here

Name: _____
Student ID: _____
Mother: _____
Work Phone: _____
Cell Phone: _____
Physician: _____

Teacher/HR: _____
Father: _____
Work Phone: _____
Cell Phone: _____
Phone Number: _____

Extremely reactive to the following foods: _____

Therefore:

- If checked, give epinephrine immediately for ANY symptoms if the allergen was *likely* eaten.
 If checked, give epinephrine immediately if the allergen was *definitely* eaten, even if no symptoms are noted.

**Any SEVERE SYMPTOMS after suspected or known ingestion:
One or more of the following:**

LUNG: Short of breath, wheeze, repetitive cough
HEART: Pale, blue, faint, weak pulse, dizzy, confused
THROAT: Tight, hoarse, trouble breathing/swallowing
MOUTH: Obstructive swelling (tongue and/or lips)
SKIN: Many hives over body

Or **combination** of symptoms from different body areas:
SKIN: Hives, itchy rashes, swelling (i.e., eyes, lips)
STOMACH: Vomiting, crampy pain



1. **INJECT EPINEPHRINE IMMEDIATELY**
2. Call 911
3. Begin monitoring (see below)
4. Give additional medications*:
 - Antihistamine
 - Inhaler (bronchodilator), if asthma

*Antihistamines and inhalers/bronchodilators are not to be depended upon to treat a severe reaction (anaphylaxis). Use EPINEPHRINE.

MILD SYMPTOMS ONLY:

MOUTH: Itchy mouth
SKIN: A few hives around mouth/face, mild itch
STOMACH: Mild nausea/discomfort



1. **GIVE ANTIHISTAMINE**
2. Stay with student; alert health care professionals and parent
3. If symptoms progress (see above), USE EPINEPHRINE
4. Begin monitoring (see below)

Medications/Doses

Epinephrine (brand and dose): _____
Antihistamine (brand and dose): _____
Other (i.e., inhaler-bronchodilator, if asthmatic): _____

Monitoring

Stay with the student; alert healthcare professionals and parent.
Tell rescue squad epinephrine was given; request an ambulance with epinephrine. Note time when epinephrine was administered. A second dose of epinephrine can be given five minutes or more after the first if symptoms persist or recur. For a severe reaction, consider keeping student lying on back with legs raised. Treat student even if parents cannot be reached. See back/attached for auto-injection technique.

Epi Pen is located in:

- _____ Child Carries
_____ Health Office
_____ Main Office
_____ Cafeteria
_____ Child's Backpack
_____ Classroom
_____ Other _____

Parent/Guardian Signature

Date

Physician/Healthcare Provider Signature

Date