

Food Allergy Action Plan

School Year 2019-2020

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

Student's Name: \_\_\_\_\_ D.O.B: \_\_\_\_\_

Teacher \_\_\_\_\_

Asthmatic Yes\* \_\_\_\_ No \_\_\_\_ \*High risk for severe reaction

• **SIGNS OF AN ALLERGIC REACTION**

**Systems:**

**Symptoms:**

MOUTH

Itching, tingling & swelling of the lips, tongue, or mouth

THROAT\*+

Itching and / or a sense of tightness in the throat, hoarseness, and hacking cough

SKIN

Hives, itching rash and /or swelling about the face or extremities

GUT

Nausea, abdominal cramps, vomiting and or diarrhea

LUNGS\*+

Shortness of breath, repetitive coughing, and or/ wheezing

HEART\*+

"Thready" pulse, "passing-out"

The severity of symptoms can quickly change, \*All above symptoms can potentially progress to a life-threatening situation. +Potentially life threatening.

**ACTION FOR MINOR REACTION:**

*If only symptom(s) are:* \_\_\_\_\_

*Give:* \_\_\_\_\_

Medication/dose/route

*Then call:* Mother \_\_\_\_\_ Father \_\_\_\_\_ or emergency contacts.

**If condition does not improve within 10 minutes, follow steps for Major Reaction below:**

**ACTION PLAN FOR MAJOR REACTION:**

1. If ingestion is suspected and or/symptom(s) are: \_\_\_\_\_  
give \_\_\_\_\_ IMMEDIATELY!

Medication/dose/route

**Then call: 911 (ask for Advance Life Support)**

2. Call parents-- Mother \_\_\_\_\_ Father \_\_\_\_\_ or  
emergency contacts.

3. Call Doctor \_\_\_\_\_ at \_\_\_\_\_

**DO NOT HESITATE TO CALL 911!**

\*\*\*\*\*

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

Doctor's Signature \_\_\_\_\_ Date \_\_\_\_\_

**Emergency Contacts**

1. \_\_\_\_\_ Relation: \_\_\_\_\_ Phone: \_\_\_\_\_

2. \_\_\_\_\_ Relation: \_\_\_\_\_ Phone \_\_\_\_\_

3. \_\_\_\_\_

Relation: \_\_\_\_\_ Phone: \_\_\_\_\_

**EPIPEN AND EPIPEN JR. DIRECTIONS**

- 1. Pull off gray activation cap.**
- 2. Hold black tip near outer thigh (always apply to thigh).**
- 3. Swing and jab firmly into outer thigh until Auto-Injector mechanism functions.**

**Hold in place and count to 10. The EpiPen unit should then be removed and taken with you to the Emergency Room. Massage the injection area for 10 seconds.**