

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

D.O.B.: \_\_\_\_\_

Allergy \_\_\_\_\_

Weight: \_\_\_\_\_ lbs. Asthma:  Yes (higher risk for a severe reaction)  No

**NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. USE EPINEPHRINE.**

**Extremely reactive to the following allergens:**

\_\_\_\_\_ THEREFORE:

If checked, give epinephrine immediately if the allergen was LIKELY eaten, for ANY symptoms.

If checked, give epinephrine immediately if the allergen was DEFINITELY eaten, even if no symptoms are apparent.

FOR ANY OF THE FOLLOWING:

**SEVERE SYMPTOMS**



**LUNG**

Short of Breath,  
Wheezing,  
Repetitive cough



**HEART**

Pale, Blue, Faint  
weak pulse, dizzy



**THROAT**

Tight, hoarse,  
trouble  
breathing/swallow



**MOUTH**

Significant swelling  
tongue/and or lips



**SKIN**

Many hives over  
Body, widespread  
Redness



**GUT**

Repetitive vomiting  
severe diarrhea



**OTHER**

Feeling of doom,  
anxiety, confusion

**OR A  
COMBINATION**

of symptoms  
from different  
body areas



- 1. INJECT EPINEPHRINE IMMEDIATELY.**
- 2. Call 911.** Tell emergency dispatcher the person is having anaphylaxis and may need epinephrine when emergency responders arrive.
- Consider giving additional medications following epinephrine:
  - » Antihistamine
  - » Inhaler (bronchodilator) if wheezing
- Lay the person flat, raise legs and keep warm. If breathing is difficult or they are vomiting, let them sit up or lie on their side.
- If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
- Alert emergency contacts.
- Transport patient to ER, even if symptoms resolve. Patient should remain in ER for at least 4 hours because symptoms may return.

Physician/HCP \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Date: \_\_\_\_\_

**MILD SYMPTOMS**



**NOSE**

Itchy/Runny  
Nose, sneezing



**MOUTH**

Itchy Mouth



**SKIN**

A few hives  
mild itch



**GUT**

Mild Nausea/  
discomfort

**FOR MILD SYMPTOMS FROM MORE THAN ONE SYSTEM AREA, GIVE EPINEPHRINE.**

**FOR MILD SYMPTOMS FROM A SINGLE SYSTEM AREA, FOLLOW THE DIRECTIONS BELOW:**

1. Antihistamines may be given, if ordered by a healthcare provider.
2. Stay with the person; alert emergency contacts.
3. Watch closely for changes. If symptoms worsen, give epinephrine.

**MEDICATIONS/DOSES**

Epinephrine Brand or Generic: \_\_\_\_\_

Epinephrine Dose:  0.15 mg IM  0.3 mg IM

Antihistamine: \_\_\_\_\_

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

Student May Self Administer: ( ) Yes ( ) No