

St. Gregory the Great's Family Faith Formation
Severe Allergy Action Plan
(Life threatening food and/or environmental allergies)



Student's Name: _____ DOB: _____ Teacher: _____

ALLERGY TO: _____

Asthmatic: Yes* No * *Higher risk for severe reaction*

STEP 1: TREATMENT

Symptoms:

- If a food allergen has been ingested, but *no symptoms*:
- Mouth Itching, tingling or swelling of lips, tongue, mouth
- Skin Hives, itchy rash, swelling of the face or extremities
- Gut Nausea, abdominal cramps, vomiting, diarrhea
- Throat 🚑 Tightening of throat, hoarseness, hacking cough
- Lung 🚑 Shortness of breath, repetitive coughing, wheezing
- Heart 🚑 Thready pulse, low blood pressure, fainting, pale, blueness
- Other 🚑 _____
- If reaction is progressing (several of the above areas affected), give

Give Checked Medication

(To be determined by physician authorizing treatment.)

- | | |
|---------------------------------|--|
| <input type="checkbox"/> EpiPen | <input type="checkbox"/> Antihistamine |
| <input type="checkbox"/> EpiPen | <input type="checkbox"/> Antihistamine |
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| <input type="checkbox"/> EpiPen | <input type="checkbox"/> Antihistamine |

The severity of symptoms can quickly change. 🚑 Potentially life threatening!

DOSAGE:

Epinephrine: Inject intramuscularly (circle one) EpiPen EpiPen Jr. (see reverse for instructions)

Antihistamine: Give _____
(medication/dose/route)

Other: Give _____
(medication/dose/route)

STEP 2: EMERGENCY CALLS

1. Call 911 (or Rescue Squad: _____). State that an allergic reaction has been treated, and additional epinephrine may be needed).

2. Dr. _____ at _____

3. Emergency contacts:

<u>Name/Relationship</u>	<u>Phone Number:</u>	<u>Phone Number:</u>
a) _____	_____	_____
b) _____	_____	_____
c) _____	_____	_____

***EVEN IF PARENT/GUARDIAN CANNOT BE REACHED,
DO NOT HESITATE TO MEDICATE OR TAKE CHILD TO MEDICAL FACILITY!***

Parent/Guardian Signature: _____ Date: _____

TRAINED STAFF MEMBERS

- | | |
|----------|------------|
| 1. _____ | Room _____ |
| 2. _____ | Room _____ |
| 3. _____ | Room _____ |

DIRECTIONS FOR USE

- NEVER PUT THUMB, FINGERS, OR HAND OVER BLACK TIP.
- DO NOT REMOVE GRAY SAFETY RELEASE UNTIL READY TO USE.
- DO NOT USE IF SOLUTION IS DISCOLORED OR RED FLAG APPEARS IN CLEAR WINDOW.
- DO NOT PLACE PATIENT INSERT OR ANY OTHER FOREIGN OBJECTS IN CARRIER WITH AUTO-INJECTOR, AS THIS MAY PREVENT YOU FROM REMOVING THE AUTO-INJECTOR FOR USE.



1. Unscrew the yellow or green cap off of the EpiPen® or EpiPen® Jr carrying case and remove the EpiPen® or EpiPen® Jr auto-injector from its storage tube.
2. Grasp unit with the black tip pointing downward.
3. Form fist around the unit (black tip down).
4. With your other hand, pull off the gray safety release.
5. Hold black tip near outer thigh.
6. Swing and **jab firmly** into outer thigh until it clicks so that unit is perpendicular (at a 90° angle) to the thigh. (Auto-injector is designed to work through clothing.)
7. Hold **firmly against thigh** for approximately 10 seconds. (The injection is now complete. Window on auto-injector will show red.)
8. Remove unit from thigh and massage injection area for 10 seconds.
9. Call 911 and seek immediate medical attention.
10. Carefully place the used auto-injector (without bending the needle), needle-end first, into the storage tube of the carrying case that provides built-in needle protection after use. Then screw the cap of the storage tube back on completely, and take it with you to the hospital emergency room.

Note: Most of the liquid (about 90%) stays in the auto-injector and cannot be reused. However, you have received the correct dose of the medication if the red flag appears in window.

⚠ WARNING

NEVER put thumb, fingers, or hand over black tip. The needle comes out of the black tip. Accidental injection into hands or feet may result in loss of blood flow to these areas. If this happens, go immediately to the nearest emergency room

EpiPen® and EpiPen® Jr. should be injected only into the outer thigh (see "Directions for Use")

Do NOT remove gray safety release until ready to use.

IMMEDIATELY AFTER USE

- **Go immediately to the nearest hospital emergency room or call 911.**
You may need further medical attention. Take your used auto-injector with you.
- Tell the doctor that you have received an injection of epinephrine in your thigh.
- Give your used EpiPen®/EpiPen® Jr to the doctor for inspection and proper disposal.