

La Mesa-Spring Valley Schools * Allergy and Anaphylaxis Emergency Plan

Student's Name:	Date of Birth:	Weight: lbs / kg
Date of Plan:	Age:	

Allergies:

Child has asthma: Yes No (if yes, higher chance of a severe reaction)

Child has had anaphylaxis: Yes No (if yes, higher chance of a severe reaction)

Child may carry medicine: Yes No

Child may give him/herself medicine: Yes No (if child refuses, an adult must give medicine)

Attach
child's
photo
here

The "Always-Epinephrine" Option: If checked, **give epinephrine** immediately, if the child has ANY symptom (mild or severe) after a sting or eating a food listed above. (Option advised for those schools where a nurse is not always present.)

****IF IN DOUBT, GIVE EPINEPHRINE! ANAPHYLAXIS is a potentially life-threatening, severe allergic reaction****

<p>For SEVERE Allergy or Anaphylaxis What to look for: If child has ANY of these symptoms after eating a food or having a sting, give epinephrine</p> <ul style="list-style-type: none"> ➤ Breathing: trouble breathing, wheeze, cough ➤ Throat: tight or hoarse throat, trouble swallowing or speaking ➤ Brain: confusion, agitation, dizziness, fainting, unresponsiveness ➤ Gut: severe stomach pain, vomiting, diarrhea ➤ Mouth: swelling of lips or tongue that affects breathing ➤ Skin: face color is pale or blue, many hives or redness over body 	<p>Give EPINEPHRINE! What to do:</p> <ol style="list-style-type: none"> 1. Inject epinephrine right away! Note the time. 2. Call 911 <ul style="list-style-type: none"> • Ask for ambulance with epinephrine • Tell rescue squad when epinephrine was given 3. Stay with child and: <ul style="list-style-type: none"> • Call parents • Give a second dose of epinephrine if symptoms worsen or do not get better in 5 minutes • Keep child lying on back. If the child vomits or has trouble breathing, keep child lying on their side 4. Give other medicine (e.g. antihistamine, inhaler) if prescribed. Do not use other medicine in place of epinephrine
<p>For MILD Allergic Reaction- What to look for: If child has mild symptoms, or no symptoms but a sting or ingestion of the food is suspected, give antihistamine and monitor the child. Mild symptoms may include:</p> <ul style="list-style-type: none"> ➤ Skin: a few hives, mild rash, mild swelling or ➤ Mouth/nose/eyes: itching, rubbing, sneezing, ➤ Gut: mild stomach pain, nausea or discomfort ➤ Note: if the child has more than one mild symptom area affected, give epinephrine 	<p>Give Antihistamine-Monitor the Child What to do:</p> <ol style="list-style-type: none"> 1. Give antihistamine if prescribed 2. If in doubt, give epinephrine 3. Call parents 4. Watch child closely for 4 hours 5. If symptoms worsen, give epinephrine (See "For SEVERE Allergy and Anaphylaxis")

Medicine/Doses

Epinephrine (intramuscular in thigh): 0.1 mg

0.15 mg 0.30 mg

Antihistamine (by mouth): Diphenhydramine

mg (ml) Other : mg (ml)

Other medications: Albuterol 4 puffs Other _____

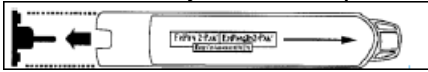
PROVIDER (Electronic) Signature Date Name (printed) Phone FAX

PARENT/GUARDIAN Signature Date Name (printed) Phone

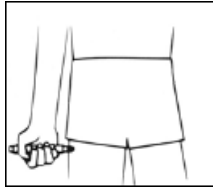
I authorize the school to follow Plan and contact the Health Care Provider, and release the school district and personnel from civil liability.

EpiPen® and EpiPen® Jr.

- First, remove the EpiPen® Auto-Injector from the plastic carrying case.
- Pull off the BLUE safety release cap.



- Hold ORANGE tip near outer thigh (always apply to thigh).



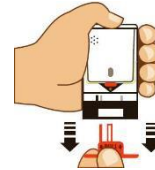
- Swing and firmly push orange tip against outer thigh. Hold on thigh for approximately 3 seconds. Remove the EpiPen® Auto-Injector and massage the area for 10 more seconds.



Auvi-Q™ 0.15 mg & Auvi-Q™ 0.3 mg



- Remove outer case and follow voice instructions.
- Remove red safety guard
- Place BLACK end against outer thigh, then press firmly and hold in place for 5 seconds. (Will work even through clothing)
- After Auvi-Q is used, place the outer case back on.



Adrenaclick™ 0.3 mg & Adrenaclick™ 0.15 mg



- Remove GRAY caps labeled “1” and “2.”
- Place RED rounded tip against outer thigh, press down hard until needle penetrates. Hold for 10 seconds, then remove.



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 5 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 above for auto injection technique.

A food allergy response kit should contain at least two doses of epinephrine, other medications as noted by the student’s physician, and a copy of this Allergy and Anaphylaxis Emergency Plan

Contacts	
Doctor’s name (print)	Doctor’s Office Phone
Doctor’s Office Address	Doctor’s Office Fax
Doctor’s Office City, State, Zip Code	
Emergency Contacts	
Parent/Guardian name (print):	Phone:
Parent/Guardian name (print) :	Phone:
Other Emergency Contacts (if Parent/Guardian can’t be reached)	
Name/Relationship:	Phone:
Name/Relationship:	Phone: