

# Food Allergy Action Plan

Name: \_\_\_\_\_ D.O.B.: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Allergy to: \_\_\_\_\_

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

Place  
Student's  
Picture  
Here

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 (e.g., eyes, lips)
- GUT: Vomiting, crampy pain



1. **INJECT EPINEPHRINE IMMEDIATELY**
  2. Call 911
  3. Begin monitoring (see box below)
  4. Give additional medications:\*  
-Antihistamine  
-Inhaler (bronchodilator) if asthma
- \*Antihistamines & inhalers/bronchodilators are not to be depended upon to treat a severe reaction (anaphylaxis). USE EPINEPHRINE.



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

**MILD SYMPTOMS ONLY:**

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

**Medications/Doses**

Epinephrine (brand and dose): \_\_\_\_\_

Antihistamine (brand and dose): \_\_\_\_\_

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

**Monitoring**

*Stay with 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 back/attached for auto-injection technique.

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

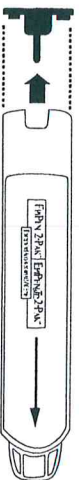
Physician/Healthcare Provider Signature \_\_\_\_\_

Date \_\_\_\_\_

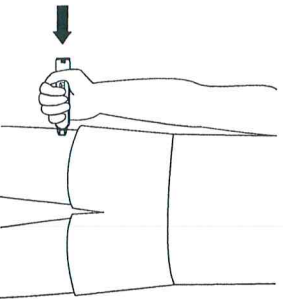
**TURN FORM OVER**

**EPiPEN Auto-Injector and EPiPEN Jr Auto-Injector Directions**

- 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 10 seconds. Remove the EPiPEN Auto-Injector and massage the area for 10 more seconds



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**Twinject® 0.3 mg and Twinject® 0.15 mg Directions**

Remove caps labeled “1” and “2.”



Place rounded tip against outer thigh, press down hard until needle penetrates. Hold for 10 seconds, then remove.



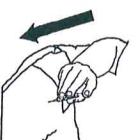
**SECOND DOSE ADMINISTRATION:**  
If symptoms don't improve after 10 minutes, administer second dose:

Unscrew rounded tip. Pull syringe from barrel by holding blue collar at needle base.

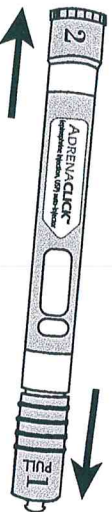


Slide yellow collar off plunger.

Put needle into thigh through skin, push plunger down all the way, and remove.



**Adrenaclick™ 0.3 mg and Adrenaclick™ 0.15 mg Directions**



Remove GREY caps labeled “1” and “2.”



Place RED rounded tip against outer thigh, press down hard until needle penetrates. Hold for 10 seconds, then remove.

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 Food Allergy Action Plan.

A kit must accompany the student if he/she is off school grounds (i.e., field trip).

**Contacts**

Call 911 (Rescue squad: ( ) - ( ) ) Doctor: \_\_\_\_\_

Phone: ( ) - \_\_\_\_\_  
Phone: ( ) - \_\_\_\_\_

**Other Emergency Contacts**

Name/Relationship: \_\_\_\_\_  
Name/Relationship: \_\_\_\_\_

Phone: ( ) - \_\_\_\_\_  
Phone: ( ) - \_\_\_\_\_