

# Food Allergy & Anaphylaxis Action Plan

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Provider: Allegro Pediatrics Phone Number: (425) 827-4600

Allergens: \_\_\_\_\_ Weight: \_\_\_\_\_ Asthma: YES NO  
*If yes, higher risk for severe reaction.*

## EXTREMELY ALLERGIC TO: \_\_\_\_\_

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 present.

## SEVERE SYMPTOMS | If any severe symptoms are present, inject epinephrine immediately.

### IF ANY OF THE FOLLOWING ARE PRESENT



#### LUNGS

Shortness of breath, wheezing, repetitive cough



#### SKIN

Many hives over body, widespread redness



#### HEART

Pale or bluish skin, faintness, weak pulse, dizziness



#### GUT

Repetitive vomiting, severe diarrhea



#### THROAT

Tight or hoarse throat, trouble breathing or swallowing



#### OTHER

Feeling something bad is about to happen, anxiety, confusion



#### MOUTH

Significant swelling of the tongue or lips



#### COMBINATION

Any combination of symptoms from different body areas

### INJECT EPINEPHRINE IMMEDIATELY

- Note the time
- **Call 911**
  - Inform dispatcher the child/teen is having anaphylaxis and may need epinephrine when emergency responders arrive
- **Consider additional medications:**
  - Antihistamine
  - Inhaler if wheezing
- **Stay with child/teen**
  - Lay them flat, raise legs, and keep warm
  - If breathing is difficult or they are vomiting, lie them on their side
- If symptoms do not improve, or symptoms return, more doses of epinephrine can be given 5 minutes or more after the last dose
- Transport to Emergency Room

## MILD SYMPTOMS | If one mild symptom is present, monitor the child/teen closely.

### IF ONE OF THE FOLLOWING ARE PRESENT



#### NOSE

Itchy or runny nose, sneezing



#### SKIN

A few hives, mild itch



#### MOUTH

Itchy mouth



#### GUT

Mild nausea or discomfort

### MONITOR THE CHILD/TEEN

- Antihistamines may be given for comfort if your child is itchy
- Stay with the child/teen; alert emergency contacts
- Monitor closely for changes. If symptoms worsen, give epinephrine

### IF TWO OR MORE SYMPTOMS ARE PRESENT

### INJECT EPINEPHRINE

- Follow protocol for severe symptoms

## MEDICATIONS/DOSES:

Epinephrine Dose: 0.1 mg IM                      0.15 mg IM                      0.3 mg IM

Antihistamine: Cetirizine (Zyrtec)                      Antihistamine Dose: \_\_\_\_\_

Albuterol: 2-4 puffs as needed for wheezing. May repeat in 4 hours.