

EMERGENCY CARE PLAN FOR SEVERE FOOD ALLERGIES

Leona Doubek Elementary

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East Troy Middle School

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East Troy High School

Phone: 262-642-6760

Fax: 262-642-6776

Last Name: _____ First Name: _____ Date of Birth: _____

Parent's Name: _____

Treatment

Symptoms - Note: The severity of symptoms can quickly change.

Med should be determined by physician

- If exposed to allergen, but no symptoms
- Mouth- itching, tingling, or swelling of the 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 areas above affected), give:

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

+Potentially life-threatening

Dosage

Epinephrine- Inject intramuscularly: Epi-Pen® Epi-Pen Jr® Twinject™ 0.3 mg Twinject™ 0.15 mg

Epinephrine device must be readily accessible at all times: with student in office

Antihistamine (list med/dose/route): _____

Other (list med,/dose/route): _____

Asthma inhalers and/or antihistamines cannot be depended on to replace epinephrine in anaphylaxis

Instructions

- Remove cap and grasp autoinjector firmly in your fist, with the tip pointing down.
- Remove the safety release (gray on EpiPen, green on Twinject).
- Jab autoinjector into outer thigh. (Both of these medications work through clothing.) Hold autoinjector in position for 10 seconds to deliver medication.
- Ensure that medication was delivered properly. EpiPen should "click" when medication is released and display a red window, while an exposed needle on the red tip of the Twinject indicates that the autoinjector has worked properly. If medication was not delivered in the first jab, repeat step 3.
- Massage thigh at the injection site for about 10 seconds.

Emergency Calls

- Call emergency services for help. State that an allergic reaction has been treated and additional epinephrine may be needed. Make a copy of the student's emergency info for emergency personnel. Mark on copy: "Epi-pen given at (time)" or "Epi-pen Jr. given at (time)"
- Treat student for shock until rescue squad arrives:
 - Elevate legs above the level of the heart
 - Keep warm
 - Provide rescue breathing or CPR as needed
- Notify parent/guardian, physician and school district nurse
- If you have a second dose on hand (as with Twinject), get it ready: some reactions require multiple doses of epinephrine. To ready the second dose of Twinject, remove the rounded tip, pull up the blue plastic to remove the syringe, and remove the yellow safety collar. Inject medicine in the outer thigh as above. Be careful to avoid needle pricks when you remove the rounded tip and when you work with the syringe.

Even if parent/guardian cannot be reached, do not hesitate to medicate or take child to medical facility!

Physician's Signature: _____ Date: _____

This student may carry and self-administer this medication.

Parent's Signature: _____ Date: _____

For Office Use Only

Trained Staff Member: _____ Room #: _____

Trained Staff Member: _____ Room #: _____

Trained Staff Member: _____ Room #: _____

Notified

Classroom Teacher on: _____ by: _____

Building Food Service on: _____ by: _____

First Responders: on: _____ by: _____