



# Child Care Emergency Plan for Allergic Reactions

ALLERGY TO: \_\_\_\_\_

Student's Name: \_\_\_\_\_ D.O.B: \_\_\_\_\_

Asthma Yes\*  No  \*High Risk for severe reaction

## SIGNS OF AN ALLERGIC REACTION:

### Systems

- MOUTH
- THROAT
- SKIN
- GUT
- LUNG
- HEART

### Symptoms

itching & swelling of the lips, tongue, or mouth  
 itching and/or a sense of tightness in the throat, hoarseness and hacking cough  
 hives, itchy rash, and/or swelling about the face or extremities  
 nausea, abdominal cramps, vomiting, and/or diarrhea  
 shortness of breath, repetitive coughing, and/or wheezing  
 "thready" pulse, "passing-out"

The severity of symptoms can quickly change. All the above symptoms can potentially progress to a life-threatening situation.

## Action for *minor* reaction:

If symptom(s) are: \_\_\_\_\_

• Administer: \_\_\_\_\_

medication/dose/route

• Then call: Parent/Guardian and Health Care Provider

• If condition does not improve within 10 minutes, follow steps for Severe Reaction below:

## Action for *severe* reaction:

If symptom(s) are: \_\_\_\_\_

• Administer: \_\_\_\_\_ IMMEDIATELY!

medication/dose/route

• Call: 911 (Never hesitate to call 911)

• Call: Parent or Guardian

• Call: Health Care Provider

Parent/guardian name \_\_\_\_\_ phone # \_\_\_\_\_

Parent/guardian signature \_\_\_\_\_ Date: \_\_\_\_\_

Health Care Provider name \_\_\_\_\_

Health Care Provider signature (Required) \_\_\_\_\_

## Emergency Contacts

1. \_\_\_\_\_

Relation: \_\_\_\_\_ Phone \_\_\_\_\_

2. \_\_\_\_\_

Relation: \_\_\_\_\_ Phone \_\_\_\_\_

3. \_\_\_\_\_

Relation: \_\_\_\_\_ Phone \_\_\_\_\_

## Trained Staff Members

1. \_\_\_\_\_ Room \_\_\_\_\_

2. \_\_\_\_\_ Room \_\_\_\_\_

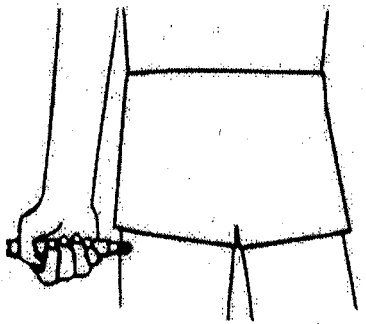
3. \_\_\_\_\_ Room \_\_\_\_\_

EPIPEN® and EPIPEN® Jr. Directions

### 1. Pull off gray activation cap.



### 2. Hold black tip near outer thigh (always apply to thigh).



3. Place firmly against thigh and press until Auto-injector mechanism functions. **Hold in place and count to 10.** The EpiPen unit should then be removed and taken with you to the Emergency Room. Massage the injection area for 20 seconds.