

**Student Name:**

Last \_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_ Grade \_\_\_\_\_ Date of Birth \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_ Telephone \_\_\_\_\_ Cell \_\_\_\_\_

Other Emergency Contact \_\_\_\_\_ Telephone \_\_\_\_\_ Cell \_\_\_\_\_

Treating Physician \_\_\_\_\_ Telephone \_\_\_\_\_

**ALLERGY**

Allergy \_\_\_\_\_ Weight \_\_\_\_\_

Asthma:  Yes (higher risk for severe reaction)  No

**FOOD ALLERGY**

Extremely reactive to the following foods \_\_\_\_\_

If checked, student will self carry EpiPen (Please provide additional EpiPen to be kept in the health room.)

**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.**

**MILD SYMPTOMS ONLY:**

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



**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)

**MEDICATION/DOSES**

MEDICATION	BRAND	DOSE
Epinephrine		
Antihistamine		
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.

Physician Signature: \_\_\_\_\_ Date \_\_\_\_\_ Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_