

**ANAPHYLAXIS ACTION PLAN**

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Age/DOB: \_\_\_\_\_

Allergy:  Insect Sting     Food     Latex     Medication

Food Allergies: \_\_\_\_\_

Other: \_\_\_\_\_

History of anaphylaxis:     Yes     No

History of asthma (high risk for severe reaction):     Yes     No

Other health problems besides anaphylaxis: \_\_\_\_\_

Other currently used medications: \_\_\_\_\_

**Signs & Symptoms of Anaphylaxis** May appear anxious or express a sense of pending doom

**MOUTH** itching, swelling of lips and/or tongue

**THROAT\*** itching, tightness/closure, hoarseness

**SKIN** itching, hives, redness, swelling

**GUT** vomiting, diarrhea, cramps

**LUNG\*** shortness of breath, cough, wheeze

**HEART\*** weak pulse, dizziness, passing out

*Only a few symptoms may be present. Severity of symptoms can change quickly.*

*\*Some symptoms can be life-threatening - ACT FAST!*

**ADMINISTER EPINEPHRINE IMMEDIATELY** if two or more of above symptoms are present or one symptom after a known allergen exposure.

**EPINEPHRINE IS THE FIRST LINE OF TREATMENT!**

**What to do in order of importance:**

1. **ACT IMMEDIATELY:** Inject Auto-Injectable Epinephrine in thigh
  - EpiPen Jr. (0.15mg)
  - EpiPen (0.3 mg)
  - Other Auto-Injectable Epinephrine \_\_\_\_\_
2. **Call 911** or Rescue Squad
3. After giving epinephrine, lay the person on his back and raise the legs, as respiratory status tolerates, until the ambulance arrives. Observe for signs of improvement.
4. **If no improvement in 5-15 minutes, give 2nd dose of epinephrine.**
5. Additional medications to be given: \_\_\_\_\_

**IMPORTANT: ASTHMA INHALERS AND/OR ANTIHISTAMINES CAN'T BE DEPENDED ON IN ANAPHYLAXIS**

**EVENT REPORT: Please complete and send with patient to emergency department**

**Circle any symptoms above that were reported by patient or that you observed**

Time patient first reported symptoms: \_\_\_\_\_ Date: \_\_\_\_\_

Time of 1<sup>st</sup> dose: \_\_\_\_\_ Time of 2<sup>nd</sup> dose: \_\_\_\_\_

Name/Signature of person giving injection/treatment: \_\_\_\_\_