



Newburg R-II School District

Phone: (573)762-9653 Fax: (573)762-2498

Allergy & Anaphylaxis Emergency Plan

Student's Name: _____ Date: _____ Age: _____ DOB: __/__/____ WT _____
Allergy to: _____ Asthma? YES or NO (If yes, a higher chance of severe reaction.)

Student has had Anaphylaxis? YES or NO

Student(s) may carry Medicine? YES or NO

Student(s) may give self Medicine? YES or NO (If a student refuses/is unable to self-treat, an adult must give medicine.)

IMPORTANT REMINDER: Anaphylaxis is a potentially life-threatening, severe allergic reaction. If in doubt, give epinephrine.

For severe Allergy and Anaphylaxis – What to look for:

If a child has ANY of these severe symptoms after eating the food or having a sting, give **Epi-pen**

- Shortness of breath, wheezing, or coughing.
- Skin color is pale or has a bluish color.
- Weak pulse.
- Fainting or dizziness.
- Tight or hoarse throat.
- Swelling of lips or tongue that bother breathing.
- Vomiting or diarrhea (if severe or combined with other symptoms)
- Many hives or redness over body
- Feeling of “doom,” confusion, altered consciousness, or agitation.

NOTE IF EPI-PEN IS GIVEN 911 MUST BE CALLED AND CHILD SENT TO THE HOSPITAL

Special Situation: If this box is checked, child has an extremely severe allergy to an insect sting or the following food(s):
_____. Even if a child has **MILD**
symptoms after a sting or eating these foods, **give Epi-pen**

For Mild Allergic Reaction – What to look for:

If a child has had any mild symptoms, monitor the child, **CALL PARENT TO COME AND GET STUDENT**

Symptoms may include:

- Itchy nose, sneezing, itchy mouth
- A few hives
- Mild stomach nausea or discomfort



Newburg R-II School District

Phone: (573)762-9653 Fax: (573)762-2498

Allergy & Anaphylaxis Emergency Plan (continued)

Give Epinephrine! – What to do:

1. Inject epinephrine right away! Note the time when epinephrine was given.
2. Call 911
 - Ask for an ambulance with epinephrine.
 - Tell the rescue squad when epinephrine was given.
3. Stay with child and:
 - Call the parents and child's doctor.
 - Give a second dose of epinephrine, if symptoms get worse, continue, or do not get better in 5 minutes.
 - Keep the child lying on back. If child vomits or has trouble breathing, keep child lying on his or her side
4. Give other medicine, if prescribed. Do not use other medicine in place of epinephrine.
 - Antihistamine
 - Inhaler/bronchodilator

Monitor Child – What to do:

- Stay with child and:
 - Watch child closely.
 - Give antihistamine (if prescribed)
 - Call the parents and child's doctor.
 - If symptoms of severe allergy/anaphylaxis develop, use epinephrine. (See "For Severe Allergy & Anaphylaxis")

Medicines/Doses:

Epinephrine, intramuscular (list type): _____ Dose: 0.15mg 0.30mg (weight more than 25kg)

Antihistamine, by mouth (type and dose): _____

Other (for example, inhaler/bronchodilator if child has asthma): _____

Parent/guardian signature

Date

Physician signature

Date