



**PLACE
PICTURE
HERE**

Name: _____ D.O.B.: _____

Allergic to: _____

Weight: _____ lbs. Asthma: **Yes (higher risk for a severe reaction)** **No**

NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. USE EPINEPHRINE.

Extremely reactive to the following allergens: _____

THEREFORE:

- If checked, give epinephrine immediately if the allergen was **LIKELY** eaten, for **ANY** symptoms.
- If checked, give epinephrine immediately if the allergen was **DEFINITELY** eaten, even if no symptoms are apparent.

FOR ANY OF THE FOLLOWING:
SEVERE SYMPTOMS



LUNG

Shortness of breath, wheezing, repetitive cough



HEART

Pale or bluish skin, faintness, weak pulse, dizziness



THROAT

Tight or hoarse throat, trouble breathing or swallowing



MOUTH

Significant swelling of the tongue or lips



SKIN

Many hives over body, widespread redness



GUT

Repetitive vomiting, severe diarrhea



OTHER

Feeling something bad is about to happen, anxiety, confusion

**OR A
COMBINATION**
of symptoms
from different
body areas.



1. **INJECT EPINEPHRINE IMMEDIATELY.**
2. **Call 911.** Tell emergency dispatcher the person is having anaphylaxis and may need epinephrine when emergency responders arrive.
 - Consider giving additional medications following epinephrine:
 - » Antihistamine
 - » Inhaler (bronchodilator) if wheezing
 - Lay the person flat, raise legs and keep warm. If breathing is difficult or they are vomiting, let them sit up or lie on their side.
 - If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
 - Alert emergency contacts.
 - Transport patient to ER, even if symptoms resolve. Patient should remain in ER for at least 4 hours because symptoms may return.

MILD SYMPTOMS



NOSE

Itchy or runny nose, sneezing



MOUTH

Itchy mouth



SKIN

A few hives, mild itch



GUT

Mild nausea or discomfort

FOR MILD SYMPTOMS FROM MORE THAN ONE SYSTEM AREA, GIVE EPINEPHRINE.

FOR MILD SYMPTOMS FROM A SINGLE SYSTEM AREA, FOLLOW THE DIRECTIONS BELOW:

1. Antihistamines may be given, if ordered by a healthcare provider.
2. Stay with the person; alert emergency contacts.
3. Watch closely for changes. If symptoms worsen, give epinephrine.

MEDICATIONS/DOSES

Epinephrine Brand or Generic: _____

Epinephrine Dose: 0.1 mg IM 0.15 mg IM 0.3 mg IM

Antihistamine Brand or Generic: _____

Antihistamine Dose: _____

Other (e.g., inhaler-bronchodilator if wheezing): _____

PATIENT OR PARENT/GUARDIAN AUTHORIZATION SIGNATURE

DATE

PHYSICIAN/HCP AUTHORIZATION SIGNATURE

DATE

BARRINGTON PUBLIC SCHOOLS ALLERGY and ANAPHYLAXIS EMERGENCY CARE PLAN (ECP) and INDIVIDUAL HEALTH CARE PLAN (IHCP)

Name: _____ DOB: _____ Allergy to: _____

Level of Allergy (circle): Inhalation Tactile Ingestion Unknown Age of Onset: _____

Describe symptom(s) of allergic reaction: _____

History of Anaphylaxis: Yes No Treatment: EpiPen Benadryl Other: _____

Other health conditions/medications: _____

Location of Epinephrine at school: **Health Office (unlocked cabinet during regular school hours)**

Preventive Measures: INITIALS

- Parent/guardian will inform bus company personnel of their child's allergy, medications & emergency contact information. _____
- Medications that are kept in the nurse's office are available during school hours only. It is the parent/guardian responsibility to inform the activity coordinator for any before or after school activities of their child's allergy, treatments & provide emergency medications. _____
- Student will participate in the school lunch program. Yes _____ No _____
 - Before participation, parent/guardian should inform food service of their child's food allergy.
 - Chartwells Food Service Director: Randi.Brower@compass-usa.com
 - Chartwells East Bay Registered Dietician: Taylor.Berlinsky@compass-usa.com
- Student will be reminded not to share or trade food.
- Allergy ECP/IHCP information will be shared with appropriate school & food service staff.
- The student will be accompanied to the health office in the event of an allergic reaction.
- Trained school staff will carry prescribed emergency medications and a copy of the ECP on field trips, and accompany student at all times if the parent is not present. NOTE: Student may self-carry with doctor orders.

Additional Provisions for Peanut/Tree Nut Allergies: INITIALS

- Student requires a designated NUT FREE classroom and lunch table. Yes _____ No _____
- Signs shall be posted advising there is a student allergic to peanuts/tree nuts.
- All students in the peanut/nut free classroom will be notified in writing by the school administrator of the peanut/tree nut snack policy.

CALL 911 if epinephrine is administered - Treat student before calling emergency contacts

EMERGENCY CONTACTS:

Parent/Guardian: _____ Phone: _____

Parent/Guardian: _____ Phone: _____

Other: _____ Phone: _____

Parent/Guardian Authorization Signature Date

Certified School Nurse Teacher Authorization Signature Date