

FOOD ALLERGY EMERGENCY CARE PLAN FOR CHILDREN (AGES 3 AND UP)

Name _____ Date of Birth _____
Allergic to _____ Asthma Yes (higher risk of severe reaction) No
Child trained and able to self-administer epinephrine Yes (may need assistance) No
Contact name _____ Contact phone number _____
Allergist/doctor name _____ Allergist/doctor phone number _____
Allergist/doctor signature _____ Date _____

IF YOUR CHILD IS HAVING MILD SYMPTOMS:

SKIN: A few hives, mild itch, lip swelling
NOSE: Itchy, runny nose, sneezing
GUT: Mild nausea, discomfort, single vomit

DO THIS

1. Stay with child and give antihistamine.
2. If two or more mild symptoms present or symptoms progress. **GIVE EPINEPHRINE** and follow directions below.

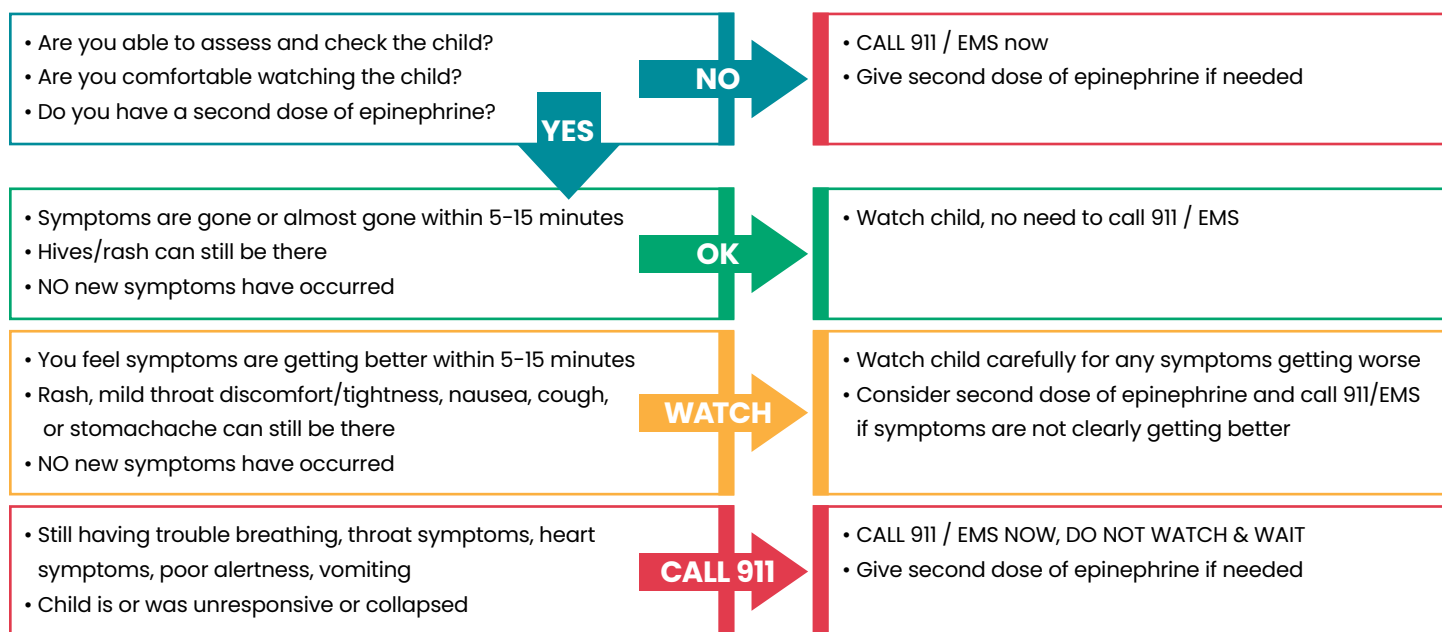
IF YOUR CHILD IS HAVING SEVERE SYMPTOMS:

LUNGS: Shortness of breath, wheeze, coughing
MOUTH: Visible swelling of the tongue
THROAT: Tight, hoarse, trouble swallowing
SKIN: Many hives over body, widespread red/purple/gray color

HEART: Faint, weak pulse, dizzy, pale, blue/gray skin, lips, nails
GUT: Ongoing vomiting or diarrhea
OTHER: Feeling something bad is about to happen, confused/agitated

1. **GIVE EPINEPHRINE right away and note the time when it is given. Stay with your child.**
2. Next, when to **WATCH AND WAIT** and when to **CALL 911 EMERGENCY MEDICAL SERVICES (EMS)**:

Call 911/EMS at any time, for any symptom, if you are not comfortable or if your doctor told you to do so after using epinephrine.



3. For heart symptoms or if two doses epinephrine given, lay child on their back with their legs raised.
If it is hard for the child to breathe or they are throwing up, it is ok for them to sit or lay on their side.
4. Give asthma quick-relief/rescue inhaler (see below) if your child has asthma.
5. Give antihistamine (see below).

Medications:

Epinephrine Auto-injector:

0.15 mg 0.3 mg
(inject outside thigh)

Epinephrine Nasal Spray:

1 mg 2 mg
(1 spray to nostril)

Asthma Quick Relief/Rescue Inhaler:

Albuterol _____ puffs
Albuterol/Budesonide _____ puffs
Salbutamol _____ puffs
Budesonide/Formoterol _____ puffs
Mometasone/Formoterol _____ puffs

Antihistamine*:

Cetirizine _____ mg
Diphenhydramine _____ mg
Other: _____

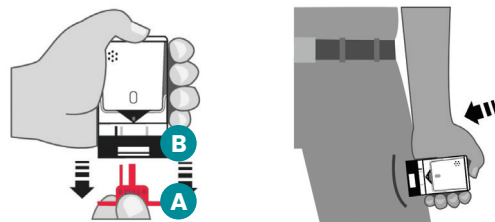
*Use epinephrine first for severe symptoms

HOW TO USE EPINEPHRINE TO TREAT ANAPHYLAXIS (SERIOUS ALLERGIC REACTION)

There is one dose in each device. If a second dose is needed, use a second device.

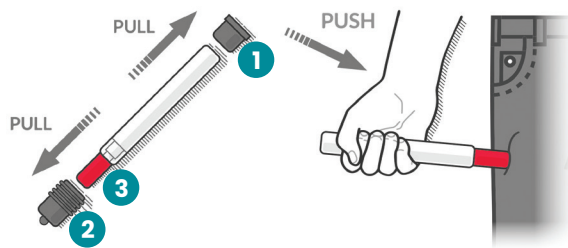
AUVI-Q™ (Epinephrine Injection, USP) Directions

1. Pull AUVI-Q up from outer case. This will automatically activate the voice instructions.
2. Pull off the red safety guard (labeled "A").
3. Place black end (labeled "B") against mid-outer thigh.
4. Press firmly and hold for 2 seconds.
5. Remove from thigh.



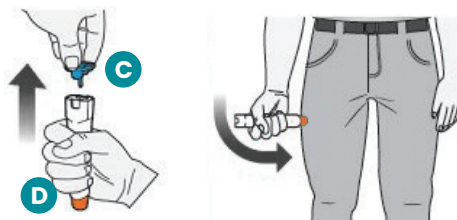
Generic Adrenaclick® (Epinephrine Injection, USP) Auto-Injector Directions

1. Remove the outer case.
2. Remove gray caps labeled "1" and "2".
3. Place red rounded tip (labeled "3") against mid-outer thigh.
4. Press down hard until needle enters thigh.
5. Hold in place for 10 seconds. Remove from thigh.



EpiPen® Auto-Injector or Generic Directions

1. Remove the EpiPen Auto-Injector from the clear carrier tube.
2. Remove the blue safety release (labeled "C") by pulling straight up without bending or twisting it.
3. Swing and firmly push orange tip (labeled "D") against mid-outer thigh until it "clicks".
4. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
5. Remove auto-injector from the thigh and massage the injection area for 10 seconds.



Neffy® Epinephrine Nasal Spray Directions

1. Remove neffy from packaging. DO NOT TEST PUMP THE DEVICE.
2. Hold the device with your thumb on the bottom of the plunger and a finger on either side of the nozzle.
3. Insert the nozzle into a nostril until your fingers touch your nose. Keep nozzle straight into the nose pointed toward your forehead.
4. Press plunger up firmly until it snaps up and sprays liquid into the nostril.
5. If second dose needed, spray into same nostril.

