

# FOOD ALLERGY EMERGENCY CARE PLAN FOR CHILDREN (UNDER AGE 3)

Name \_\_\_\_\_  
Allergic to \_\_\_\_\_  
Contact name \_\_\_\_\_  
Allergist/doctor name \_\_\_\_\_  
Allergist/doctor signature \_\_\_\_\_

Date of Birth \_\_\_\_\_  
Asthma Yes (higher risk of severe reaction) No  
Contact phone number \_\_\_\_\_  
Allergist/doctor phone number \_\_\_\_\_  
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.

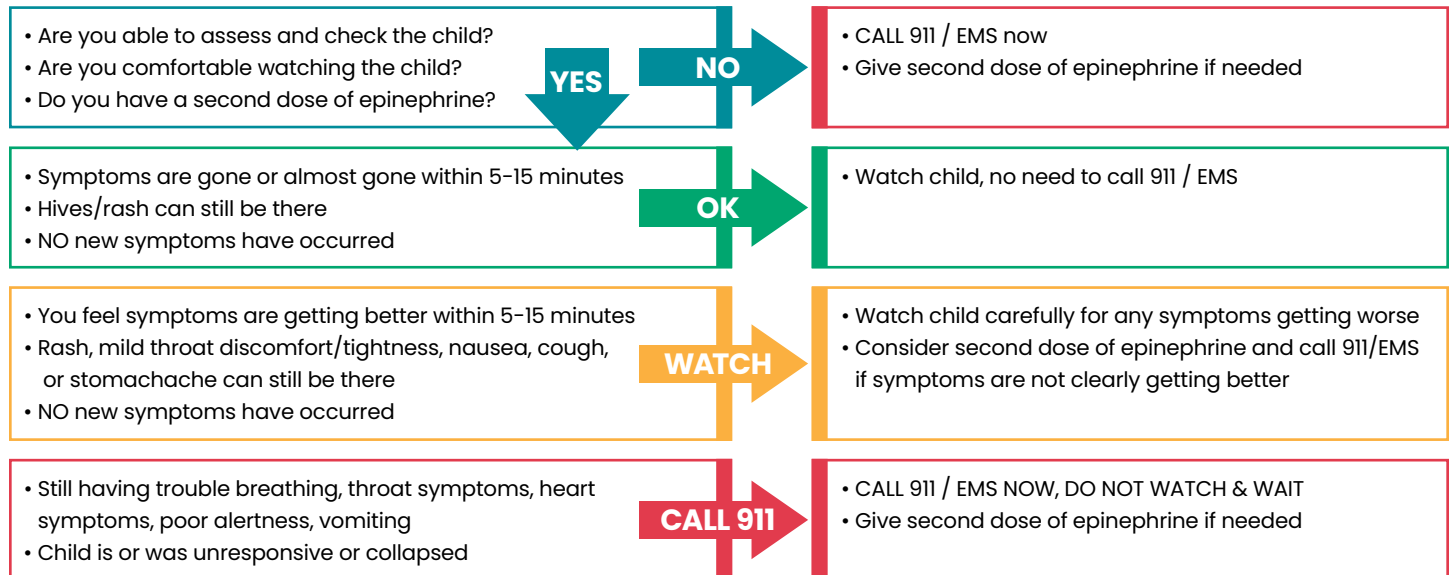
## IF YOUR CHILD IS HAVING SEVERE SYMPTOMS:

LUNGS: Shortness of breath, wheeze, coughing, barky cough, nasal flaring (nostrils open wide)  
SKIN: Many hives over body, widespread red/purple/gray color, irregular color or patchy/lacy appearance  
HEART: Fainting, weak pulse, dizzy, pale, difficult to wake, floppy, blue/gray skin, lips, nails, feet  
EYES and EARS: Eye rubbing, ear pulling or putting fingers in ears

MOUTH: Visible swelling of the tongue, tongue tugging or thrusting, drooling  
THROAT: Tight, hoarse, trouble swallowing, high pitched breathing sounds, neck tugging  
GUT: Ongoing vomiting or diarrhea  
BEHAVIOR: Crankiness, inconsolable crying, subdued or less active, withdrawn or clingy

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:

0.1 mg 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

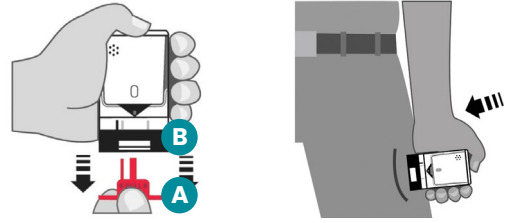
# HOW TO USE EPINEPHRINE TO TREAT ANAPHYLAXIS (SERIOUS ALLERGIC REACTION)

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

**If you are giving an epinephrine injection to a young child or infant, hold their leg firmly in place while administering the injection.**

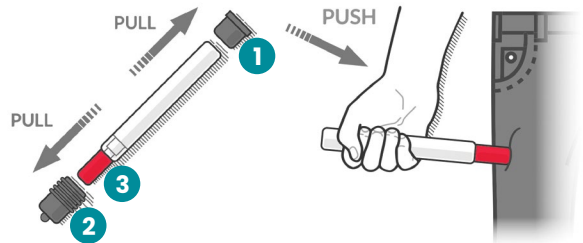
## AUVI-Q™ (Epinephrine Injection, USP) Directions

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.



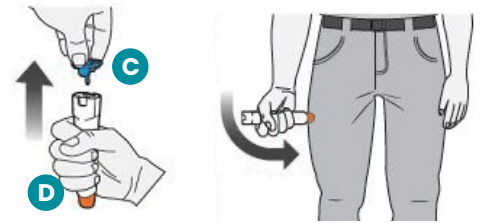
## Generic Adrenaclick® (Epinephrine Injection, USP) Auto-Injector Directions

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).



## 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.

