ANAPHYLAXIS EMERGENCY PLAN

**AP 315** Medication/Personal Care



**Insert Student Photo Below**

**Child/Student/Staff Name**

**This person has a potentially life-threatening allergy (anaphylaxis) to:**

Peanut

Medication

Milk

Tree nuts

Latex

Egg

Insect stings

Other

**Food:** The key to preventing an anaphylactic emergency is **absolute avoidance** of the allergen. People with food allergies should not share food or eat unmarked/bulk foods or products with a “*may contain*” warning.

Location of auto-injector(s)

EpiPen® Jr 0.15 mg

EpiPen® 0.3 mg Other:

Epinephrine auto-injector expiry

Allerject™ 0.15 mg

Allerject™ 0.3 mg

Asthmatic: Person is at greater risk. If person is having a reaction and has difficulty

breathing, give epinephrine auto-injector before asthma medication.

Previous anaphylactic reaction: Person is at greater risk.

**A person having an anaphylactic reaction might have ANY of these signs and symptoms:**

* **Skin system: hives, swelling, itching, warmth, redness, rash**
* **Respiratory system (breathing): coughing, wheezing, shortness of breath, chest pain/tightness, throat tightness, hoarse voice, nasal congestion or hay fever-like symptoms (runny, itchy nose and watery eyes, sneezing), trouble swallowing**
* **Gastrointestinal system (stomach): nausea, pain/cramps, vomiting, diarrhea**
* **Cardiovascular system (heart): pale/blue colour, weak pulse, passing out, dizzy/lightheaded, shock**
* **Other: anxiety, feeling of “impending doom”, headache, uterine cramps, metallic taste**

***Early recognition of symptoms and immediate treatment could save a person's life.***

**Act quickly. The first signs of a reaction can be mild, but symptoms can get worse very quickly.**

1. **Give epinephrine auto-injector (e.g. EpiPen® or Twinject®) at the first sign of a known or suspected anaphylactic reaction. (See attached instruction sheet.)**
2. **Call 9-1-1 or local emergency medical services. Tell them someone is having a life-threatening allergic reaction.**
3. **Give a second dose of epinephrine in 5 to 15 minutes IF the reaction continues or worsens.**
4. **Go to the nearest hospital immediately (ideally by ambulance), even if symptoms are mild or have stopped. The reaction could worsen or come back, even after proper treatment. Stay in the hospital for an appropriate period of observation as decided by the emergency department physician (generally about 4 hours).**
5. **Call emergency contact person.**

**Emergency Contact Information**

Emergency contact name

Home phone

Cell

Work

Emergency contact name

Home phone

Cell

Work



**Approval**

I authorize any adult to administer epinephine in the event of an anaphylactic reaction as outlined above.

Parent/Guardian/Staff Member Signature

Date

**Freedom of Information and Protection of Privacy - Sec. 33/34**

The information collected on this form is for the purpose of administering medication/personal care arrangements for your child/student. This personal information is collected pursuant to the provisions of the *School Act* and Regulations thereto, and the *FOIP Act*. If you have any questions about the collection and use of the information, please contact the principal of the school or the Associate Superintendent, Instructional Services, Elk Island Public Schools, Sherwood Park, Alberta, at 780-417-8227.

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