

Peanut Allergy Symptoms & Action Plan

Name:

Allergy to: Peanuts

Symptoms of an allergic reaction to peanuts

<u>Body Area</u>	<u>Mild Reactions</u> (generally local in nature, administer anti-histamine medication and monitor closely)	<u>Severe Reactions, possibly anaphylactic</u> (administer Epinephrine when several symptoms are present together, progress rapidly and multiple body areas are affected. Call 911.)
Face & Mouth	Local swelling – e.g., swelling around the eyes	Swelling of the tongue, gums, lips, usually accompanied by itching & tingling
Skin	Local rash and itching – e.g., only on one finger	Hives – red welts, body warm to touch, flushing, itching, on major body areas
Gut	Nausea, abdominal cramps	Vomiting or diarrhea or both
Throat & Lungs (severity of symptoms can change quickly)	Coughing and sneezing fits, with mucous production (<i>monitor closely, especially if child also has asthma</i>)	<u>Potentially life-threatening:</u> Continuous coughing fits, shortness of breath, trouble speaking or swallowing, tightness in throat
Heart (severity of symptoms can change quickly)	X	<u>Potentially life-threatening:</u> Weak pulse, low blood pressure, paleness, blueness, fainting
General well-being	Anxiety, distress, feeling scared, sense of doom, general discomfort, feeling & behaving out of sorts - acute discomfort accompanying any symptom may indicate a more severe reaction	

Plan of Action

- For some reactions it is very difficult to determine a possible trigger; it could be something quite ordinary – e.g., nausea, vomiting & abdominal cramps could mean just a stomach upset; some swelling or coughing might be due to colds. **However, any reaction, no matter how commonplace it might seem, needs to be taken seriously due to the presence of food allergy. Any type of swelling should be examined closely. Please monitor individually & call parents immediately.**
- **For severe reactions:** Administer Epinephrine -> call 911 -> call parents. If reactions do not subside within 10 mins, administer the *second dose of Epinephrine*.
- **Medication needs to go everywhere** (to address accidental exposure/delayed reactions).