# Anaphylaxis Emergency Plan: _____ *(name)*

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

PHOTO

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*(Check the appropriate boxes.)*

- ☐ Peanut
- ☐ Tree nuts
- ☐ Egg
- ☐ Milk
- ☐ Other: _____
- ☐ Insect stings
- ☐ Latex
- ☐ Medication:_____

**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.

**Epinephrine Auto-Injector:** Expiry Date: _____ / _____

**Dosage:** ☐ EpiPen® Jr 0.15 mg ☐ EpiPen® 0.30 mg ☐ Allerject™ 0.15 mg ☐ Allerject™ 0.30 mg

**Location of Auto-Injector(s):** _____

- ☐ **Previous anaphylactic reaction:** Person is at greater risk.
- ☐ **Asthmatic:** Person is at greater risk. If person is having a reaction and has difficulty breathing, give epinephrine auto-injector before asthma medication.

## 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 Allerject™) 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 (e.g. parent, guardian).**

## Emergency Contact Information

| Name | Relationship | Home Phone | Work Phone | Cell Phone |
|---|---|---|---|---|
| | | | | |
| | | | | |
| | | | | |

*The undersigned patient, parent, or guardian authorizes any adult to administer epinephrine to the above-named person in the event of an anaphylactic reaction, as described above. This protocol has been recommended by the patient's physician.*

_____ _____ _____ _____

Patient/Parent/Guardian Signature Date Physician Signature ☐ On file Date