

Allergy Care Plan Request Form

Child's name: _____

Child's date of birth: _____

Early Learning or Child Care Program Director: NSPdirector@outlook.com

Early Learning or Child Care Program: Natural Start Preschool

Mailing Address: 15600 NE 8th St, Suite B-1 PMB 321, Bellevue WA 98008

Phone Number: (425) 233-4480

Fax Number: _____

Healthcare Provider: The child listed above attends our program. This packet includes forms to help meet our licensing standards for medications and care plans. **Please complete pages 2-3.** A healthcare provider is required to provide this information and sign these forms.

If the child has a diagnosed food intolerance, please contact the program listed above to request the Food Intolerance Care Plan Packet.

By signing below, I give permission to my child's healthcare provider to release the health information requested in the following care plan to my child's program.

Parent or Guardian Name (Printed): _____

Parent or Guardian Signature: _____

Date: _____

Parent or Guardian Phone Number: _____



Allergy and Anaphylaxis Emergency Plan

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



Child's name: _____ Date of plan: _____

Date of birth: ____/____/____ Age ____ Weight: _____ kg

Child has allergy to _____

- Child has asthma. ☐ Yes ☐ No (If yes, higher chance severe reaction)
- Child has had anaphylaxis. ☐ Yes ☐ No
- Child may carry medicine. ☐ Yes ☐ No
- Child may give him/herself medicine. ☐ Yes ☐ No (If child refuses/is unable to self-treat, an adult must give medicine)

Attach
child's
photo

IMPORTANT REMINDER

Anaphylaxis is a potentially life-threatening, severe allergic reaction. If in doubt, give epinephrine.

For Severe Allergy and Anaphylaxis What to look for

If child has ANY of these severe symptoms after eating the food or having a sting, **give epinephrine**.

- Shortness of breath, wheezing, or coughing, *infants – nasal flaring*
- Skin color is pale or has a bluish color
- Weak pulse, *infants – unexplained fast heart rate*
- Fainting or dizziness, *infants – limp, floppy*
- Tight or hoarse throat, *infants – hoarse cry*
- Trouble breathing or swallowing
- Swelling of lips or tongue that bother breathing
- Vomiting or diarrhea (if severe or combined with other symptoms)
- Many hives or redness over body
- Feeling of "doom," confusion, altered consciousness, or agitation, *infants – inconsolable crying, decreased activity*

☐ **SPECIAL SITUATION:** If this box is checked, child has an extremely severe allergy to an insect sting or the following food(s): _____ Even if child has MILD symptoms after a sting or eating these foods, **give epinephrine**.

Give epinephrine! What to do

1. Give epinephrine right away! Note time when epinephrine was given.
2. Call 911.
 - Ask for ambulance with epinephrine.
 - Tell rescue squad when epinephrine was given.
3. Stay with child and:
 - Call parents and child's doctor.
 - Give a second dose of epinephrine, if symptoms get worse, continue, or do not get better in 5 minutes.
 - Keep child lying on back. If the child vomits or has trouble breathing, keep child lying on his or her side.
4. Give other medicine, if prescribed. Do not use other medicine in place of epinephrine.
 - Antihistamine
 - Inhaler/bronchodilator

For Mild Allergic Reaction What to look for

If child has had any mild symptoms, **monitor child**.

Symptoms may include:

- Itchy nose, sneezing, itchy mouth, *infants – repeated lip licking, tongue thrusting, ear pulling*
- A few hives
- Mild stomach nausea or discomfort, *infants – spitting up more than usual, hiccups, back arching, pulling knees to chest*

Monitor child What to do

Stay with child and:

- Watch child closely.
- Give antihistamine (if prescribed).
- Call parents and child's doctor.
- If more than 1 symptom or symptoms of severe allergy/anaphylaxis develop, use epinephrine. (See "For Severe Allergy and Anaphylaxis.")

Medicines/Doses

Epinephrine (If more than one epinephrine is selected, then any one can be used)

Intramuscular:

- ☐ 0.10 mg (7.5 kg to less than 13 kg)*
- ☐ 0.15 mg (13 kg to less than 25 kg)
- ☐ 0.30 mg (25 kg or more)

*Use 0.15 mg, if 0.10 mg is not available

Intranasal:

- ☐ 1 mg (4 years or older and 15 kg to less than 30 kg)
- ☐ 2 mg (30 kg or more)

Antihistamine (non-sedating preferred), by mouth (type and dose): _____

Other (for example, inhaler/bronchodilator if child has asthma): _____

Parent/Guardian Authorization Signature

Date

Physician/HCP Authorization Signature

Date

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Additional Instructions:

Contacts

Call 911 / Rescue squad: _____

Doctor: _____ Phone: _____

Parent/Guardian: _____ Phone: _____

Parent/Guardian: _____ Phone: _____

Other Emergency Contacts

Name/Relationship: _____ Phone: _____

Name/Relationship: _____ Phone: _____

Medication Log

Program Staff: Please print a copy of this Medication Log for each medication in the care plan.

Child's name: _____

Child's date of birth: _____

Name of medication: _____

Date	Time	Dose	Person Giving Medication (*Initials)	Reason Medication Was Not Given	Observed Side Effects

Initials*	Printed Name and Signature of Person Giving Medications

