

## Instructions for Organizing MyHealthcareKit

### **Congratulations for taking the first step towards *Mastering your Emergency*™!**

To effectively use this kit, review the tabbed pages and follow these setup instructions.

- When you receive your kit:
  - Provide Physician or Allergist with **Medical Allergy Response Plan** form included in the kit or download at <https://myhealthcarekit.com/forms/> to determine what medication should be taken, in what amount and how often, during both a mild and severe allergic reaction
  - Gather all of the allergic reaction response medication that the Physician or Allergist instructed should be taken during an allergic reaction
  - Apply a color sticker to the medication, using a different color sticker for each medication to be used in your kit. Be sure not to cover important information on the medicine (such as patient name, medication, dosage, etc.). The purpose of the stickers is to quickly identify and confirm you have the right medication
- Outside of kit:
  - **Personal Identification Card**
    - Fill out the card included in the kit or download at <https://myhealthcarekit.com/forms/>. Include contact information and attach a personal photograph. When complete, insert the card in the front of your kit
- Inside of kit:
  - **Personal Information** page
    - Complete all information
  - **Symptoms** page
    - Familiarize yourself with symptoms of an allergic reaction to help you determine when an allergic reaction is severe or mild
  - **Severe Reaction** page
    - Using the Physician's or Allergist's **Medical Allergy Response Plan**, starting with #1 in the order of use that the Physician or Allergist instructed, list the name of the medication including dosage and how often it should be taken, and add the matching color sticker you put on the medication. Continue from #2 to #6, including each medication
  - **Mild Reaction** page
    - Repeat the same steps as the **Severe Reaction** page instructions above
  - **Medication List** page
    - This page is to keep track of the medications in your kit, including dosage and expiration date information
    - In your order of choice, for each medication, add the color sticker, medication name, dosage, how often it should be given and expiration information
    - Complete this for each medication in the kit
    - Note: one color sticker per medication e.g. Antihistamine has the yellow sticker, is listed on the **Severe Response** page as #3, on **Mild Response** as #1, and once on the **Medication List**
    - Place the rescue medication in the kit as it fits best, making sure the sticker is visible
  - Watch the instructional video on YouTube at <https://www.youtube.com/watch?v=9nQs1LgN8QI> which shows a sample kit being put together
  - Finally, perform a mock emergency "trial run" using your kit  
**You are now ready to *Master your Emergency*™!**

**EXAMPLES OF HOW TO USE THE STICKER ON THE MEDICATION AND ON THE SEVERE REACTION, MILD REACTION AND MEDICATION LIST PAGES:**



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**SEVERE REACTION RESPONSE PLAN**  
CALL 9-1-1 IMMEDIATELY

Doctor Recommended SEVERE REACTION Response Plan  
\*Sticker is affixed to medication in this kit.\* Give medication IN THIS ORDER:

#	*Sticker*	Medication/Dosage
1.		Epi Pen Jr. 0.15 mg (Inject into thigh and hold for 2 seconds)
2.		Pro Air HFA (inhaler) 90 mcg 4-8 puffs inhaled every 20 min x 3 hours as needed
3.		Zyrtec 10 mg qwe 1 per day
4.		Prednisolone ODT 15 mg give 1 tablet per day
5.		
6.		

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**MILD REACTION RESPONSE PLAN**  
If MORE THAN ONE symptom, or if symptoms continue to worsen after medication or when in doubt call 9-1-1 IMMEDIATELY and follow SEVERE REACTION Plan.  
Doctor Recommended MILD REACTION Response Plan

\*Sticker is affixed to medication in this kit.\* Give medication IN THIS ORDER:

#	*Sticker*	Medication/Dosage
1.		Zyrtec 10 mg give 1 per day
2.		Pro Air HFA (inhaler) 90 mcg 4-8 puffs inhaled every 20 min. x 3 hours as needed
3.		
4.		
5.		
6.		

To learn more visit:  
[www.myhealthcarekit.com](http://www.myhealthcarekit.com)

Or

Scan the QR code below

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**SOS**  
Simple. Organized. Safe.  
Master your Emergency™!