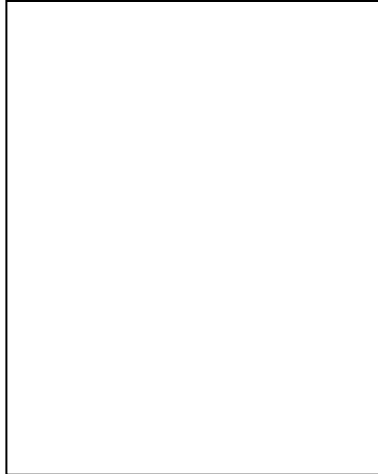


Anaphylaxis Emergency Plan: \_\_\_\_\_ (name)

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



Photo

(Check the appropriate boxes.)

- Peanut  Other: \_\_\_\_\_
- Tree nuts  Insect stings
- Egg  Latex
- Milk  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  
 Twinject™ 0.15 mg  Twinject™ 0.30 mg

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

- Asthmatic:** Person is at greater risk. If person is having a reaction and has difficulty breathing, give epinephrine auto-injector **before** asthma medication.
- Self Administration** - Child can administer their medication and carry the medication to and from school.

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

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

**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.**

