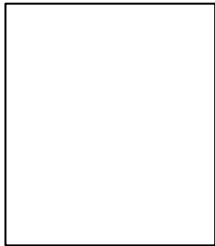


# Anaphylaxis Action Plan: Individual Student



Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

ALLERGY TO: \_\_\_\_\_

Weight: \_\_\_\_\_ lbs.    **Asthma**    **Yes (greater risk of severe reaction)**    **No**

Extremely reactive to the following: \_\_\_\_\_ . **THEREFORE:**

If checked, give epinephrine immediately for ANY symptoms if the allergen was likely eaten/ student stung, as applicable.

If checked, give epinephrine immediately if the allergen was definitely eaten/student stung even if NO symptoms ARE NOTED.

**IF NEITHER OF THE ABOVE CHECKED, THEN FOLLOW THE INSTRUCTIONS AS WRITTEN BELOW.**

**Note: Do not depend on antihistamine or inhalers (bronchodilators) to treat a severe reaction. USE EPINEPHRINE & CALL 911!**

## For a suspected or active allergic reaction:

### FOR ANY OF THE FOLLOWING SEVERE SYMPTOMS



#### LUNG

Short of breath, wheeze, repetitive cough, chest tightness, blue skin and/or lip color



#### HEART

Pale, blue, faint, weak pulse, dizzy, or confused



#### THROAT

Tightness, hoarse, trouble breathing or swallowing



#### MOUTH

Swelling of tongue, lips or back of throat



#### SKIN

Widespread redness or hives, or eye swelling



#### GUT

Repetitive vomiting, severe diarrhea, or abdominal cramps



#### OTHER

Feeling of doom, confusion or loss of consciousness

**OR A combo of symptoms from different body areas.**



**1. INJECT EPINEPHRINE IMMEDIATELY!!!**

**2. CALL 911.** Request ambulance with epinephrine.

3. Consider additional medications after epinephrine if ordered.

- Antihistamine
- Inhaler (bronchodilator) if wheezing

4. Monitor student. Note time Epi was given. Lay student flat with legs elevated. If difficulty breathing or vomiting sit or turn on side.

5. Give second dose of epinephrine in 5 minutes or more after the 1<sup>st</sup> dose if symptoms do not improve or reoccur.

6. Call parent and school nurse (see back for contact numbers).

7. Student should be transported to the ER even if symptoms resolve and remain in ER for 4+ hours because symptoms may return.

*See back page for Injection technique*

### MILD SYMPTOMS



#### NOSE

Itchy/ runny nose, sneezing



#### MOUTH

Itchy mouth



#### SKIN

Few hives, mild itch



#### GUT

Mild nausea/ discomfort

**FOR MILD SYMPTOMS FROM MORE THAN ONE SYSTEM AREA, GIVE EPINEPHRINE**

**FOR MILD SYMPTOMS FROM A SINGLE SYSTEM AREA, FOLLOW THE DIRECTION BELOW:**

- 1. Give antihistamines if ordered below**
2. Stay with student
3. Contact parent and school nurse (see back page)
4. Monitor student closely for changes.

**IF SYMPTOMS WORSEN, GIVE EPINEPHRINE**

### MEDICATIONS/DOSES

Epinephrine Brand:    Epipen®    Adrenaclick®

Other: \_\_\_\_\_

Epinephrine Dose:    0.15 mg IM    0.3 mg IM

\_\_\_\_\_ Antihistamine Brand or generic    Dose

\_\_\_\_\_ Other ( bronchodilator inhaler/dose)



Student may carry medication AND self-medicate without supervision. As the medical provider, I confirm that this student has been instructed in the proper use of this medication and is able to self-administer this medication on their own without school personnel supervision.

**OR** Student may not self-medicate without supervision.

\_\_\_\_\_  
Health Care Provider Signature

\_\_\_\_\_  
DATE : Valid for 12 months

\_\_\_\_\_  
Health Care Provider PRINTED NAME

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
DATE: Valid for 12 months

**PARENT: SEE BACK OF FORM TO COMPLETE**


Form adapted May 2017 from Food Allergy Action Plan 4/17, [www.foodallergy.org](http://www.foodallergy.org), Food Allergy Research and Education (FARE).

## NOTICE TO PARENT/GUARDIAN

The school district may have "stock" epinephrine according to Section 20-5-420, MCA and School Board Policy 3416.

Epinephrine supplied by the district, where and when available, is NOT intended to take the place of parent supplied epinephrine or student carried epinephrine. Epinephrine, supplied by parent and given to the school or carried by the student, should be available for off campus activities or after school activities. This is the responsibility of the parent/ guardian.

I agree to doctor (health care provider) and school nurse communication based on this medical order/permission if needed. Communication, if needed, may only include the medication or treatment itself, implementation of the treatment in school and student outcomes of the treatment.

 \_\_\_\_\_ / \_\_\_\_\_  
Parent/ Guardian Signature Date

### Parent/Guardian Contact Information

1<sup>st</sup>: \_\_\_\_\_ / \_\_\_\_\_  
Name Phone

2<sup>nd</sup> : \_\_\_\_\_ / \_\_\_\_\_  
Name Phone

3<sup>rd</sup> : \_\_\_\_\_ / \_\_\_\_\_  
Name Phone

### School Nurse Contacts (school will add)

1<sup>st</sup>  
\_\_\_\_\_ / \_\_\_\_\_  
Name Phone

2<sup>nd</sup>  
\_\_\_\_\_ / \_\_\_\_\_  
Name Phone

## For students who carry and/or self-administer

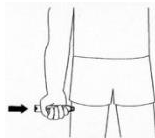
**medications: Authorization by parent, individual who has executed a caretaker relative educational or medical authorization affidavit, or guardian:** See generally Mont. Code Ann. § 20-5-420

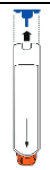
As the parent, individual who has executed a caretaker relative educational or medical authorization affidavit, or guardian of the above named student, I confirm this student has been instructed by his/her healthcare provider on the proper use of this/these medication(s). He/she has demonstrated to me he/she understands the proper use of this medication. He/she is physically, mentally, and behaviorally capable to assume this responsibility. He/she has my permission to self-medicate as listed above, if needed. If he/she has used epinephrine during school hours, he/she understands the need to alert the school nurse or other adult at the school who will provide follow-up care, including making a 9-1-1 emergency call.

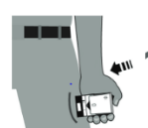
- I acknowledge the school district or nonpublic school and its employees and agents are not liable as a result of any injury arising from the self-administration of medication by the student, and I indemnify and hold them harmless for such injury, unless the claim is based on an act or omission that is the result of gross negligence, willful and wanton conduct, or an intentional tort.
- I agree to work with the school in establishing a plan for use and storage of any backup medication. This will include a predetermined location to keep backup medication to which the student has access in the event of an asthma, severe allergy, or anaphylaxis emergency.
- I understand in the event the medication dosage is altered, a new "self-administration form" must be completed, or the health care provider may rewrite the order on his/her prescription pad and I, the parent/caretaker relative/guardian, will sign the new form and assure the new order is attached.
- I understand it is my responsibility to pick up any unused medication at the end of the school year, and any medication not picked up may be disposed of.
- I authorize the school administration to release this information to appropriate school personnel and classroom teachers.

 \_\_\_\_\_ / \_\_\_\_\_  
Parent/Caretaker/Guardian SIGNATURE DATE

### Administration Information for ALL Epinephrine Devices

1. Do NOT put your fingers, thumb or hand over the tip of the auto-injector or inject into any body part other than mid-outer thigh of victim. 
2. If administering to a young child, hold their leg firmly in place before & during the injection to prevent injuries.
3. Epinephrine may be injected through clothing but avoid seams. Massage thigh for 10 seconds after injection.
4. Always call 911 for anaphylaxis including when epinephrine is given.

**EPIPEN® OR GENERIC EPINEPHRINE** by MYLAN; Take out of outer plastic case, point orange tip down, remove blue safety cap by pulling straight up, push orange tip firmly into thigh, hold for **3 SECONDS**. (Used needle gets covered by extended orange tip) 

**AUVI-Q®** by KALEO (gives voice instructions): Remove from outer case, pull off red safety guard, place black end on thigh, press firmly & hold for **5 SECONDS**. (used needle retracts) 

**Adrenaclick®/ Generic Epinephrine** by Impax: Remove from case, pull off both blue/gray end caps, press orange tip into thigh & hold for **10 SECONDS**. 