

# Youth Anaphylaxis Emergency Plan 2016-2017 Hoodoo Adventures

**THIS PERSON HAS A POTENTIALLY LIFE-THREATENING ALLERGY:**

Last Name	First Name	Middle Name
Please check all that apply:		Location of Auto-Injectors:
<input type="checkbox"/> Foods:		
<input type="checkbox"/> Insect Stings:		
<input type="checkbox"/> Other:		
Epinephrine Auto Injector: Expiry Date:		
/		
Dosage:		
<input type="checkbox"/> EpiPen® Jr. 0.15mg <input type="checkbox"/> EpiPen® 0.30mg <input type="checkbox"/> Allerject™ 0.15mg <input type="checkbox"/> Allerject™ 0.30mg		History: <input type="checkbox"/> <b>Previous Anaphylactic Reaction:</b> Person is at greater risk  <input type="checkbox"/> <b>Asthmatic:</b> 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:** Hives, swelling (face, lips, tongue), itching, warmth, redness
- **Respiratory System (breathing):** Coughing, wheezing, shortness of breath, chest pain or 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 or cramps, vomiting, diarrhea.
- **Cardiovascular System (heart):** Paler than normal skin color, blue color, weak pulse, passing out, dizziness or lightheadedness, shock
- **Other:** Anxiety, sense of doom (the feeling something bad is about to happen), headache, uterine cramps, metallic taste in mouth.

**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 (Epi-pen, Allerject) at the first sign of a known or suspected anaphylactic reaction. (See attached instruction sheet.)
2. Call 9-1-1 and tell them someone is having a life-threatening allergic reaction.
3. Give a second dose of epinephrine as early as 5 minutes after the first dose if there is no improvement.
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 treatment. Stay in the hospital for an appropriate period of observation as decided by emergency physician.
5. Call emergency contact person (IE parent, guardian) if differs from registration form.

	Name	Relationship	Home Phone	Work Phone	Cell Phone
1					
2					
3					

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

Signature of Parent or Guardian	Date
Physician Signature	Date