

ANAPHYLAXIS ACTION PLAN

NAME: _____ DATE OF BIRTH: _____

ALLERGIC TO: _____

EMERGENCY CONTACT

NAME/RELATIONSHIP: _____ PHONE#: _____

DOCTOR/PHONE#: _____ ALLERGIST/PHONE#: _____

GENERAL INSTRUCTIONS



1. **Call 911.** Tell them the person had a severe allergic reaction and epinephrine was used.



2. Give other medicines after epinephrine:

- Benadryl/Diphenhydramine _____mg or _____ml
- Zyrtec/Cetirizine _____mg or _____ml



3. Lay person flat, raise legs, keep warm.



4. If breathing is difficult or they are vomiting, let them sit up or lie on their side.



5. Repeat epinephrine in 5 minutes if symptoms worsen or do not get better.

MEDICINE / DOSE

| Brands of Epinephrine | Dose |
|-----------------------|------------|
| Epipen Jr. | 0.15 mg IM |
| Epipen | 0.3 mg IM |
| Auvi Q | 0.1 mg IM |
| Auvi Q | 0.15 mg IM |
| Auvi Q | 0.3 mg IM |

| Weight | Dose/Brands of epinephrine |
|-------------------------|--|
| 16-33 lbs. or 7.2-15 kg | Epi Pen Jr. (0.15 mg) or AUVI Q (0.1 mg) |
| 33-66 lbs. or 15-30 kg | AUVI Q (0.15 mg) |
| Over 66 lbs. or 30 kg | Epi Pen (0.3 mg) or AUVI Q (0.3 mg) |

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YELLOW ZONE = MILD/MODERATE SYMPTOMS

If only one of the following symptoms:

-  Itchy nose, some sneezing
-  Itchy lips/mouth swelling
-  Rash/hives or some itching
-  Vomiting/nausea or belly upset

THEN HELP BY:

-  Antihistamines (Benadryl, Zyrtec) may be given
-  Stay with the person and call person's contacts
-  Watch closely for changes
-  If symptoms get worse or person has more than **one** symptom, treat as severe and to go RED ZONE below and give epinephrine

RED ZONE = SEVERE SYMPTOMS

NOTE: USE EPINEPHRINE!

Do not depend on antihistamines, inhalers, or steroids to treat severe reaction.

Reacts to the following: _____

Give epinephrine right away if DEFINITE or LIKELY exposure or two or more of the following:

-  Short of breath; wheezing, cough
-  Weak heartbeat, feeling faint, dizzy, floppy
-  "Airway closing", trouble breathing or swallowing
-  Swelling of the tongue or lips
-  Vomiting or diarrhea
-  Feeling of "doom", anxiety, sudden confusion
-  Hives or rash on body or redness
-  Swelling of the face or skin
-  A mix of any 2 or more of the above symptoms

HOLD THE NEEDLE IN PLACE for 3-5 seconds