FOR ANY OF THE FOLLOWING SEVERE SYMPTOMS

[ ] If checked, give epinephrine immediately if the allergen was definitely eaten, even if there are no symptoms.

- **LUNG**
  - Short of breath, wheezing, repetitive cough

- **HEART**
  - Pale, blue, faint, weak pulse, dizzy

- **THROAT**
  - Tight, hoarse, trouble breathing/swallowing

- **MOUTH**
  - Significant swelling of the tongue and/or lips

- **SKIN**
  - Many hives over body, widespread redness

- **GUT**
  - Repetitive vomiting or severe diarrhea

- **OTHER**
  - Feeling something bad is about to happen, anxiety, confusion

OR A COMBINATION of mild or severe symptoms from different body areas.

NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. Use Epinephrine.

1. **INJECT EPINEPHRINE IMMEDIATELY.**
2. **Call 911.** Request ambulance with epinephrine.

   - Consider giving additional medications (following or with the epinephrine):
     - Antihistamine
     - Inhaler (bronchodilator) if asthma

   - Lay the student flat and raise legs. If breathing is difficult or they are vomiting, let them sit up or lie on their side.

   - If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.

   - Alert emergency contacts.

   - Transport student to ER even if symptoms resolve. Student should remain in ER for 4+ hours because symptoms may return.

NOTE: WHEN IN DOUBT, GIVE EPINEPHRINE.

MILD SYMPTOMS

[ ] If checked, give epinephrine immediately for ANY symptoms if the allergen was likely eaten.

- **NOSE**
  - Itchy/runny nose, sneezing

- **MOUTH**
  - Itchy mouth

- **SKIN**
  - A few hives, mild itch

- **GUT**
  - Mild nausea/discomfort

1. **GIVE ANTIHISTAMINES, IF ORDERED BY PHYSICIAN**
2. Stay with student; alert emergency contacts.
3. Watch student closely for changes. If symptoms worsen, **GIVE EPINEPHRINE**.

MEDICATIONS/DOSES

- **Epinephrine Brand:**
- **Epinephrine Dose:** [ ] 0.15 mg IM [ ] 0.3 mg IM
- **Antihistamine Brand or Generic:**
- **Antihistamine Dose:**
- **Other (e.g., inhaler/bronchodilator if asthmatic):**
EPIPen® (EPINEPHRINE) AUTO-INJECTOR DIRECTIONS
1. Remove the EpiPen Auto-Injector from the plastic carrying case.
2. Pull off the blue safety release cap.
3. Swing and firmly push orange tip against mid-outer thigh.
4. Hold for approximately 10 seconds.
5. Remove and massage the area for 10 seconds.

AUVI-Q™ (EPINEPHRINE INJECTION, USP) DIRECTIONS
1. Remove the outer case of Auvi-Q. This will automatically activate the voice instructions.
2. Pull off red safety guard.
3. Place black end against mid-outer thigh.
4. Press firmly and hold for 5 seconds.
5. Remove from thigh.

ADRENACLICK®/ADRENACLICK® GENERIC DIRECTIONS
1. Remove the outer case.
2. Remove grey caps labeled “1” and “2”.
3. Place red rounded tip against mid-outer thigh.
4. Press down hard until needle penetrates.
5. Hold for 10 seconds. Remove from thigh.

OTHER DIRECTIONS/INFORMATION (may self-carry epinephrine, may self-administer epinephrine, etc.):

Treat student before calling Emergency Contacts. The first signs of a reaction can be mild, but symptoms can get worse quickly.

EMERGENCY CONTACTS — CALL 911

RESCUE SQUAD: ____________________________

DOCTOR: ____________________________ PHONE: ____________

PARENT/GUARDIAN: ____________________________ PHONE: ____________

OTHER EMERGENCY CONTACTS

NAME/RELATIONSHIP: ____________________________ PHONE: ____________

NAME/RELATIONSHIP: ____________________________ PHONE: ____________

PARENT/GUARDIAN AUTHORIZATION SIGNATURE ____________________________ DATE ____________

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