



## Food Allergy Action Plan for Anaphylaxis

Date: \_\_\_\_\_

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Food/Insect Allergy: \_\_\_\_\_

Current Medications: \_\_\_\_\_

Does patient have asthma? Yes/No (circle one)

*If yes, patient is at high risk*

Symptoms	Benadryl	Benadryl and Epi-Pen
Mild-mouth and Throat Mild itching of lips, tongue, mouth or throat		
Mild-Skin Mild hives, itchy rash or mild facial swelling		
Mild-stomach Mild nausea, vomiting only once with quick improvement, stomach ache or diarrhea		
<b>Severe-Mouth and Throat</b> <b>Swelling of tongue and/or throat</b>		
<b>Severe-Skin</b> <b>Diffuse hives, itching and swelling of the body</b>		
<b>Severe-Stomach</b> <b>Repeated vomiting, moderate or severe nausea, stomach pain and diarrhea</b>		
<b>Severe-Heart</b> <b>Irregular fast thread pulse, cold clammy skin, listless, sense of impending doom, passing out</b>		
<i>Any symptoms above that are not mild</i>		

Mild symptoms can progress rapidly. The patient needs to be watched closely for at least 3-4 hours after a mild reaction.

If after administering Benadryl for a mild reaction, any reaction progresses, give the Epi-Pen and call 911

An Epi-Pen must be given for any severe reactions as these can progress very quickly.



## Action Plan

### For a mild reaction:

- ✓ Given Benadryl \_\_\_\_\_ mg equal to \_\_\_\_\_ ml or tabs
- ✓ Watch closely for further symptoms
- ✓ Contact the parents

### For a severe reaction:

- ✓ Administer the Epi-Pen and give Benadryl \_\_\_\_\_ mg equal to \_\_\_\_\_ ml or tabs
- ✓ Call 911
- ✓ Call the parents