

# Food Allergy Emergency Action Plan

Place child's  
picture here.

Student's name: \_\_\_\_\_ D.O.B. \_\_\_\_\_

Homeroom teacher: \_\_\_\_\_

Allergy(ies) to: \_\_\_\_\_

Skin reactive: Yes No Unknown Airborne reactive: Yes No Unknown

Asthmatic? (please circle) Yes \* No \*Higher risk for severe reaction

## SIGNS OF AN ALLERGIC REACTION:

Symptoms – The severity of symptoms can change quickly.

Mouth	Itching and swelling of the lips, tongue or inside of mouth
Throat‡	Itching and/or a sense of tightness in the throat, hoarseness, hacking cough
Skin	Hive, itchy rash or swelling of the face or extremities
GI system	Nausea, abdominal pains, vomiting, diarrhea
Lungs‡	Shortness of breath, difficulty breathing, wheezing, persistent cough
Heart‡	drop in blood pressure, loss of consciousness

‡ - These symptoms can potentially be life-threatening!

## TREATMENT PLAN:

- a) If ingestion of the above listed food allergen is suspected, give \_\_\_\_\_  
(specify medication/dosage/route)  
and \_\_\_\_\_ immediately.  
(specify medication/dosage/route)

**\*\*If antihistamine has only been administered, monitor closely for onset or progression of symptoms and follow medical treatment plan for a severe reaction immediately.**

- b) Call Emergency Rescue 911

- c) Call parent/guardian:

Mother's name: \_\_\_\_\_

Phone #s: home \_\_\_\_\_ work \_\_\_\_\_ cell \_\_\_\_\_

Father's name: \_\_\_\_\_

Phone #s: home \_\_\_\_\_ work \_\_\_\_\_ cell \_\_\_\_\_

Guardian's name \_\_\_\_\_

Phone #s: home \_\_\_\_\_ work \_\_\_\_\_ cell \_\_\_\_\_

- d) Call physician (name) \_\_\_\_\_ phone# \_\_\_\_\_

Never hesitate to administer medication or to call Emergency Rescue even if parents/guardian cannot be reached.

Parent/guardian signature

Date

Physician's signature

Date

(over)

Emergency contacts:	Trained Staff Members:
1) _____ Name  _____ Relationship      _____ phone number	1) _____ Room  2) _____ Room
2) _____ Name  _____ Relationship      _____ phone number	3) _____ Room
3) _____ Name  _____ Relationship      _____ phone number	