

# ANAPHYLAXIS ALERT - \_\_\_\_\_

This person has a **DANGEROUS** life-threatening allergy to:

photo

- Peanut
- Tree nuts
- Egg
- Milk
- Insect Stings
- Medication: \_\_\_\_\_
- Other: \_\_\_\_\_

**Food:** The key to preventing an anaphylactic emergency is absolute avoidance of the allergen. Individuals with food allergies cannot share food, eat unmarked/bulk foods, or products which have the "may contain" warning.

**KNOW THE SIGNS & SYMPTOMS...a person with anaphylaxis might have any of the following signs or symptoms:**

- Face:** Itchy eyes, itchy nose, flushed face, swollen lips, swollen tongue
- Airway:** Trouble breathing or swallowing, hoarseness, choking, coughing, wheezing
- Stomach:** Pain, vomiting, diarrhea
- Skin:** Rash, itchiness, swelling, hives – anywhere on the body
- General:** Weakness, sense of doom, loss of consciousness

***Anaphylaxis can lead rapidly to unconsciousness and death.***

**KNOW WHAT TO DO...the first signs of a reaction can be mild, but symptoms can get worse very quickly.**

- Give:** The epinephrine (adrenaline) injection at the first sign of a reaction. It is dangerous to wait. Give a second dose in 10 – 15 minutes if reaction continues or worsens.
- Call 911:** Tell them someone is having a life-threatening allergic reaction. Ask them to send an ambulance immediately.
- Go:** To the nearest hospital, even if symptoms are mild or have stopped. Stay in the hospital setting for 4 – 6 hours. The reaction could come back.

## CONTACTS / APPROVAL

\_\_\_\_\_ (H)\_\_\_\_\_ (O)\_\_\_\_\_ (Cell)\_\_\_\_\_  
\_\_\_\_\_ (H)\_\_\_\_\_ (O)\_\_\_\_\_ (Cell)\_\_\_\_\_

*The undersigned parent/guardian hereby authorizes any adult to administer epinephrine to the above-named child in the event of an anaphylactic reaction as described above. This protocol has been recommended by a qualified allergist.*

\_\_\_\_\_  
Parent / Guardian

\_\_\_\_\_  
Date