

Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

Allergic to: \_\_\_\_\_

Weight: \_\_\_\_\_ lbs. Asthma:  Yes (higher risk for a severe reaction)  No

Attach  
child's  
photo  
here

**\* Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction.  
USE EPINEPHRINE. Every minute counts!**

Extremely reactive to the following allergens: \_\_\_\_\_

Therefore:

- If checked, give epinephrine immediately if the allergen was **LIKELY** eaten, for **ANY** symptoms.  
 If checked, give epinephrine immediately if the allergen was **DEFINITELY** eaten, even if there are no symptoms.

### MILD SYMPTOMS



**NOSE:**

Itchy or runny nose, sneezing



**MOUTH:**

Itchy mouth



**SKIN:**

a few hives, mild itch



**GUT:**

mild nausea or discomfort

**FOR MILD SYMPTOMS FROM MORE THAN ONE SYSTEM AREA, GIVE EPINEPHRINE.**

**FOR MILD SYMPTOMS FROM A SINGLE SYSTEM AREA, FOLLOW THE DIRECTIONS BELOW:**

1. Antihistamines may be given if ordered by a healthcare provider.
2. Stay with the person and alert emergency contacts.
3. Watch closely for changes. If symptoms worsen, administer epinephrine.

### SEVERE SYMPTOMS



**LUNG:**

Shortness of breath, wheezing, repetitive cough



**HEART:**

Pale or bluish skin, faintness, weak pulse, dizziness



**THROAT:**

Tight or hoarse throat, trouble breathing or swallowing



**MOUTH:**

Significant swelling of the tongue or lips



**SKIN:**

Many hives over the body, widespread redness



**GUT:**

Repetitive vomiting, severe diarrhea



**OTHER:**

Feeling something bad is about to happen, anxiety, confusion

**For ANY of the above symptoms OR any COMBINATION of symptoms from MULTIPLE SYSTEMS:**

1. **INJECT EPINEPHRINE IMMEDIATELY.**
2. **Call 911.** Tell the emergency dispatcher the person is experiencing anaphylaxis and may need epinephrine when emergency responders arrive.
  - Consider giving additional medications following epinephrine:
    - Antihistamine
    - Inhaler (bronchodilator) if wheezing
  - Lay the person flat, raise their legs, and keep them warm. 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 patient to ER, even if symptoms resolve. The patient should remain in ER for at least 4 hours because symptoms may return.

### MEDICATIONS/DOSES

Epinephrine Brand or Generic: \_\_\_\_\_

Epinephrine Dose:  0.1 mg IM  0.15 mg IM  0.3 mg IM

Antihistamine Brand or Generic: \_\_\_\_\_

Antihistamine Dose: \_\_\_\_\_

Other (e.g., inhaler-bronchodilator if wheezing): \_\_\_\_\_

Patient/Guardian Authorization Signature

Date

Physician/HCP Authorization Signature

Date

### EMERGENCY CONTACTS – CALL 911

Rescue Squad: \_\_\_\_\_

Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Phone: \_\_\_\_\_

### OTHER EMERGENCY CONTACTS

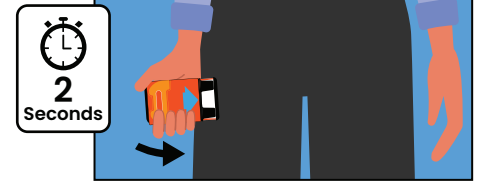
Name/Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Name/Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Name/Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

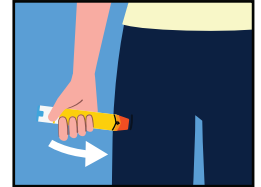
**HOW TO USE AUVI-Q® (EPINEPHRINE INJECTION, USP), KALEO**

1. Remove Auvi-Q from the outer case. Pull off the red safety guard.
2. Place the black end of Auvi-Q against the middle of the outer thigh.
3. Press firmly until you hear a click and hiss sound, and hold in place for 2 seconds.
4. Call 911 and get emergency medical help right away



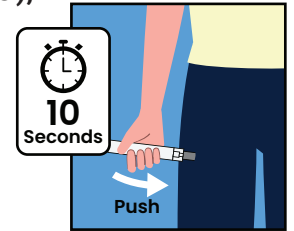
**HOW TO USE EPIPEN® AND EPIPEN JR® (EPINEPHRINE) AUTO-INJECTOR AND EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF EPIPEN®), USP AUTO-INJECTOR, MYLAN AUTO-INJECTOR, MYLAN**

1. Remove the EpiPen® or EpiPen Jr® Auto-Injector from the clear carrier tube.
2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward. With your other hand, remove the blue safety release by pulling straight up.
3. Swing and push the auto-injector firmly into the middle of the outer thigh until it 'clicks'. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
4. Remove and massage the injection area for 10 seconds. Call 911 and get emergency medical help right away.



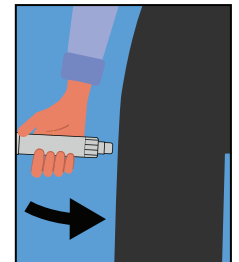
**HOW TO USE IMPAX EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF ADRENAClick®), USP AUTO-INJECTOR, IMPAX LABORATORIES**

1. Remove the epinephrine auto-injector from its protective carrying case.
2. Pull off both blue end caps: you will now see a red tip. Grasp the auto-injector in your fist with the red tip pointing downward.
3. Put the red tip against the middle of the outer thigh at a 90-degree angle, perpendicular to the thigh. Press down hard and hold firmly against the thigh for approximately 10 seconds.
4. Remove and massage the area for 10 seconds. Call 911 and get emergency medical help right away.



**HOW TO USE TEVA'S GENERIC EPIPEN® (EPINEPHRINE INJECTION, USP) AUTO-INJECTOR, TEVA PHARMACEUTICAL INDUSTRIES**

1. Quickly twist the yellow or green cap off of the auto-injector in the direction of the "twist arrow" to remove it.
2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward. With your other hand, pull off the blue safety release.
3. Place the orange tip against the middle of the outer thigh.
4. Swing and push the auto-injector firmly into the middle of the outer thigh until it 'clicks'. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
5. Remove and massage the injection area for 10 seconds. Call 911 and get emergency medical help right away.

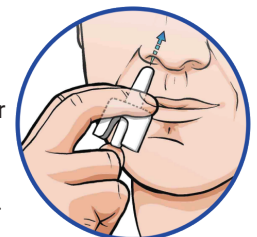


**ADMINISTRATION AND SAFETY INFORMATION FOR ALL AUTO-INJECTORS**

1. Do not put your thumb, fingers, or hand over the tip of the auto-injector or inject into any body part other than the mid-outer thigh. In case of accidental injection, go immediately to the nearest emergency room.
2. If administering to a young child, hold their leg firmly in place before and during injection to prevent injuries.
3. Epinephrine can be injected through clothing if needed.
4. Call 911 immediately after injection.

**HOW TO USE NEFFY® (EPINEPHRINE NASAL SPRAY)**

1. Remove Neffy from packaging. Pull open the packaging to remove the Neffy nasal spray device.
2. Hold device as shown. Hold the device with your thumb on the bottom of the plunger and a finger on either side of the nozzle. Do not pull or push on the plunger. Do not test or prime (pre-spray). Each device has only 1 spray.
3. Insert the nozzle into nostril until your fingers touch your nose. Keep the nozzle straight into your nose pointed toward your forehead. Do not point (angle) the nozzle to the nasal septum (wall between your 2 nostrils) or outer wall of the nose.
4. Press plunger up firmly until it snaps up and sprays liquid into nostril. Do not sniff during or after the dose is given. If any liquid drips out of the nose, you may need to give a second dose of Neffy after checking symptoms.
5. If symptoms don't improve or worsen within 5 minutes of initial dose, administer a second dose into the same nostril with a new Neffy device.



Treat the person before calling emergency contacts. The first signs of a reaction can be mild, but symptoms can worsen quickly.

For more information visit [FoodAllergyInstitute.com](http://FoodAllergyInstitute.com)