

Anaphylaxis Action Plan

NAME: _____ Patient may self-carry epinephrine
DOB: _____ Asthma: High risk severe reaction
Allergies _____ Give Epinephrine for Any Symptom

One Mild Symptom: _____ mg Benadryl And Call (children's _____ / adult _____)

Symptom More Severe	add Epinephrine	.15 Jr	.3 Adult	And Call Immediately
Second Symptom	add Epinephrine			And Call Immediately
Worsening Symptoms	add Epinephrine			And Call Immediately
Any Cough or Throat	add Epinephrine			And Call Immediately

Drs. Pockross / Detjen (847) 256-5505












911

Parent/Guardian (_____) Other (_____) --

Patient/Parent/Guardian

Physician / HCP authorized

Date

Patient/Parent/Guardian	Physician / HCP authorized
<div style="text-align: center; font-weight: bold; font-size: 1.2em;">MILD SYMPTOMS</div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  NOSE Itchy or runny nose, sneezing </div> <div style="text-align: center;">  MOUTH Itchy mouth </div> <div style="text-align: center;">  SKIN A few hives, mild itch </div> <div style="text-align: center;">  GUT Mild nausea or discomfort </div> </div> <div style="text-align: center; margin-top: 10px; font-weight: bold;"> FOR MILD SYMPTOMS FROM MORE THAN ONE SYSTEM AREA, GIVE EPINEPHRINE. </div> <div style="text-align: center; margin-top: 10px; font-weight: bold;"> FOR MILD SYMPTOMS FROM A SINGLE SYSTEM AREA, FOLLOW THE DIRECTIONS BELOW: </div> <ol style="list-style-type: none"> 1. Antihistamines may be given, if ordered by a healthcare provider. 2. Stay with the person; alert emergency contacts. 3. Watch closely for changes. If symptoms worsen, give epinephrine. 	<div style="text-align: center; font-weight: bold; font-size: 1.2em;">FOR ANY OF THE FOLLOWING: SEVERE SYMPTOMS</div> <div style="display: grid; grid-template-columns: repeat(4, 1fr); gap: 10px; margin-top: 10px;"> <div style="text-align: center;">  LUNG Shortness of breath, wheezing, repetitive cough </div> <div style="text-align: center;">  HEART Pale or bluish skin, faintness, weak pulse, dizziness </div> <div style="text-align: center;">  THROAT Tight or hoarse throat, trouble breathing or swallowing </div> <div style="text-align: center;">  MOUTH Significant swelling of the tongue or lips </div> <div style="text-align: center;">  SKIN Many hives over body, widespread redness </div> <div style="text-align: center;">  GUT Repetitive vomiting, severe diarrhea </div> <div style="text-align: center;">  OTHER Feeling something bad is about to happen, anxiety, confusion </div> <div style="text-align: center;"> OR A COMBINATION of symptoms from different body areas. </div> </div> <div style="text-align: center; margin-top: 10px; font-weight: bold;"> 1. INJECT EPINEPHRINE IMMEDIATELY. 2. Call 911. Tell emergency dispatcher the person is having anaphylaxis and may need epinephrine when emergency responders arrive. </div> <ul style="list-style-type: none"> • Consider giving additional medications following epinephrine: <ul style="list-style-type: none"> » Antihistamine » Inhaler (bronchodilator) if wheezing • Lay the person flat, raise legs and keep 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. Patient should remain in ER for at least 4 hours because symptoms may return.

Epinephrine is Safe - You Already have Epinephrine in Your Body It's Safe

Epinephrine is a naturally occurring hormone, part of our fight-or-flight response - *when excited your own levels surge*

Why You Should Not Be Afraid of the Epinephrine Device It Works Very Well

The device might look big, but the needle is very small *"It doesn't hurt as much as I thought – and it really works!"*

Why You Should Not Wait to Use Your Epinephrine Do Not Delay

"It didn't seem too bad at first" There is a window of opportunity for Epi to work - however, that window may pass

Why You May Need to Go to Emergency Room Because of the Reaction - Not because of the Epi

Monitoring or more treatment may be needed because of the allergic reaction itself – *not because of the epinephrine*