

MONTACHUSETT REGIONAL VOCATIONAL TECHNICAL HIGH SCHOOL  
**ALLERGY ACTION PLAN**

\_\_\_\_\_ has been prescribed an Epinephrine Auto-Injector.

**Patient's Name**

EpiPen 0.3 mg \_\_\_\_\_ EpiPen Jr. 0.15 mg \_\_\_\_\_

For an allergy to: \_\_\_\_\_

\_\_\_\_\_ This patient has Asthma. Wheezing/chest tightness during a possible Anaphylaxis reaction should be treated with Epinephrine first.

If exposure occurs, please follow the instructions below:

\_\_\_\_\_ 1. Exposure only, no symptoms - **Use the EpiPen immediately and call 911** for transport to an emergency room. If symptoms begin, continue or return, a second dose may be given in 5 to 10 minutes. Antihistamines are not indicated.

\_\_\_\_\_ 2. The following symptoms can progress rapidly to a severe allergic reaction: Hives (covering the body), abdominal pain, vomiting, diarrhea, throat tightening, chest tightness/heaviness, shortness of breath, wheezing, fainting, and lethargy. **Use the EpiPen immediately and call 911** for transport to an emergency room. If symptoms continue or return, a second dose may be given in 5 to 10 minutes. Anaphylaxis may be hard to recognize. It is recommended to use the EpiPen if you are unsure.

\_\_\_\_\_ 3. Antihistamines may be used for a few hives, facial swelling, watery eyes or runny nose. Antihistamines **SHOULD NOT** be used if symptoms include abdominal pain, vomiting, diarrhea, throat tightening, chest tightness/heaviness, shortness of breath, wheezing, fainting, or lethargy.

Benadryl \_\_\_\_\_ Other antihistamine \_\_\_\_\_

Observe for 1 hour. **If symptoms worsen...Use the EpiPen and call 911** immediately for transport. The EpiPen is safe to use with Benadryl.

\_\_\_\_\_ Yes, Student may carry and self-administer EpiPen as needed.

\_\_\_\_\_ MD, NP, PA Phone \_\_\_\_\_

**Signature of Prescriber**

Date of Order \_\_\_\_\_ Discontinuation \_\_\_\_\_

\*\*\*Please administer as prescribed \_\_\_\_\_

**Signature of Parent/Guardian**

**Contact numbers:** \_\_\_\_\_