



# Non-Food Allergy Action Plan

Prepared by the Health Consultant Team at Child Care Aware® of North Dakota

This form should be completed by healthcare provider.

Name of child: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Age: \_\_\_\_\_ Weight: \_\_\_\_\_ lbs. Allergy to: \_\_\_\_\_

Reactions: (Check all that apply)

Mild Reaction/Symptoms (itchy mouth, hives, itch, mild nausea/discomfort, etc)

Severe Reaction/Symptoms

(shortness of breath, wheeze, cough, pale, blue, faint, weak pulse, dizzy, confused, hoarse, trouble breathing/swallowing, swelling of tongue/lips/eyes, severe hives, itchy rash, vomiting, crampy pain)

A child with asthma is at higher risk for a severe allergic reaction.

Does this child have asthma?  No  Yes (if Yes, complete *Asthma Action Plan* found on [ndchildcare.org](http://ndchildcare.org))

## Treatment for Mild Reaction/Symptoms

1. Give medication. Name of medication \_\_\_\_\_ Dose \_\_\_\_\_ Route \_\_\_\_\_
2. Contact the parent or emergency contact person.
3. Stay with child, keep child calm, monitor symptoms until parent arrives.
4. Watch child for more severe reactions/symptoms.

## Treatment for Severe Reaction/Symptoms

Can cause life-threatening reaction. Do not hesitate to give Epinephrine!

1. Inject epinephrine in thigh using (Check One)

Adrenaclick (0.3 mg)  Adrenaclick (0.15mg)  EpiPen Jr (0.15 mg)  Auvi-Q (0.15 mg)  
 Twinject (0.15 mg)  Twinject (0.3mg)  EpiPen (0.3mg)  Auvi-Q (0.3 mg)

2. Call 911 or rescue squad immediately (before calling parent or emergency contact).  
Epinephrine only lasts 20-30 minutes. 911/Rescue should ALWAYS be called if epinephrine is given.
3. Contact parents or emergency contact person. If unavailable, staff member should accompany child to hospital until parent or emergency contact arrives.

Stay with child. Tell rescue squad epinephrine was given; request an ambulance with epinephrine. Note time epinephrine was given. A second dose of epinephrine can be given 5 minutes or more after the first if symptoms persist or recur. For this reason, it is best practice to have 2 epinephrine pens at the child care program. For a severe reaction, consider keeping child lying on back with legs raised.

REMINDER – Child care providers/staff should be trained in administering epinephrine. Personnel must take epinephrine pen on field trips. Phone should be close by. Keep pen at room temperature. DO NOT freeze, refrigerate or keep in extreme heat.

## Emergency Contacts:

Name	Relationship	Phone: home / work / cell

Comments: \_\_\_\_\_

Parent / guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

Healthcare Provider signature: \_\_\_\_\_ Date: \_\_\_\_\_


An allergy response kit should contain at least two doses of epinephrine, other medications as noted by the child's physician, and a copy of the Allergy Action Plan.

A kit must accompany the child if he/she is off school grounds (ie: field trip)

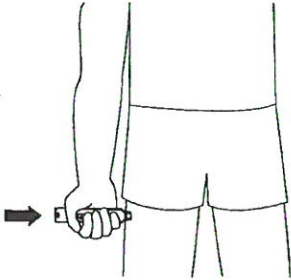
Please circle the type of kit child has at child care.

**EpiPen Auto-Injector and EpiPen Jr Auto-Injector**

- Remove the EpiPen Auto-Injector from plastic carrying case.
- Pull off the blue safety release cap.




- Hold orange tip near outer thigh (always apply to thigh)
- Swing and firmly push orange tip against outer thigh.
- Hold on thigh for approximately 10 seconds.
- Remove the EpiPen Auto-Injector and massage the area for 10 more seconds.




**Adrenallick 0.3 and Adrenallick 0.15**

- Remove GREY caps labeled "1" and "2".




- Place RED rounded tip against outer thigh.
- Press down hard until needle penetrates. Hold for 10 seconds, then remove.



**Twinject 0.3 and Twinject 0.15**


- Remove caps labeled "1" and "2".



- Place rounded tip against outer thigh, press down hard until needle penetrates.
- Hold for 10 seconds, then remove.

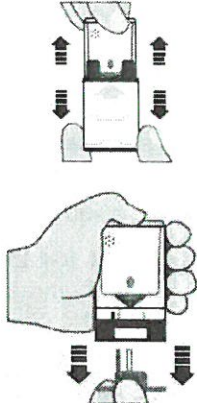
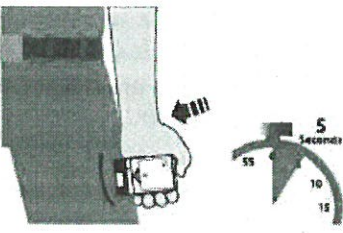
**Second Dose Administration**  
If symptoms don't improve after 10 minutes, administer second dose.

- Unscrew rounded tip. Pull syringe from barrel by holding blue collar at needle base.
- Slide yellow collar off plunger.
- Put needle into thigh through skin, push plunger down all the way, and remove.



**Auvi-Q 0.3 and Auvi-Q 0.15**

- Pull Auvi-Q from the outer case.  
*NOTE: Do not proceed to next step until you are ready to use Auvi-Q. If not ready to use, replace the outer case.*
- Pull off Red safety guard. To avoid an accidental injection, never touch the black base of the auto-injector. If an accidental injection dose occurs, seek medical help immediately.  
*NOTE: The safety guard is meant to be tight. Pull firmly to remove.*
- Place black end against the middle of the outer thigh (through clothing, if necessary), then press firmly and hold in place for 5 seconds. Each device is a single-use injection. Only inject into the middle thigh (upper leg). Do not inject into any other location.

*Note: Auvi-Q makes a distinct sound (click and hiss) when activated. This is normal and indicates Auvi-Q is working correctly. Do not pull Auvi-Q away from your leg when you hear the click and hiss sound.*

Resources :  
 FAAN ([www.foodallergy.org](http://www.foodallergy.org))  
 Food Allergy & Anaphylaxis Network  
 American Academy and Allergy Asthma and Immunology [www.aaaai.org](http://www.aaaai.org)  
 Child Care Aware health consultants

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