Extremely reactive to the following allergens:

**THEORETICAL:**

- 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 no symptoms are apparent.

---

**FOR ANY OF THE FOLLOWING:**

**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 body, widespread redness

- **GUT**
  - Repetitive vomiting, severe diarrhea

- **OTHER**
  - Feeling something bad is about to happen, anxiety, confusion

**OR A COMBINATION**

**OF SYMPTOMS**

**FROM DIFFERENT BODY AREAS.**

---

**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; alert emergency contacts.
3. Watch closely for changes. If symptoms worsen, give epinephrine.

---

**MEDICATIONS/DOSES**

- **Epinephrine Brand or Generic:**
- **Epinephrine Dose:**
  - [ ] 0.15 mg IM
  - [ ] 0.3 mg IM

- **Antihistamine Brand or Generic:**
- **Antihistamine Dose:**

- **Other (e.g., inhaler-bronchodilator if wheezing):**
**FARE \nFood Allergy Research & Education**

**FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLANS**

**HOW TO USE AUVI-Q® (EPINEPHRINE INJECTION, USP), KALEO**
1. Remove Auví-Q from the outer case.
2. Pull off red safety guard.
3. Place black end of Auví-Q against the middle of the outer thigh.
4. Press firmly, and hold in place for 5 seconds.
5. Call 911 and get emergency medical help right away.

**HOW TO USE EPINET® AND EPIFEND JR® (EPINEPHRINE) 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.
3. With your other hand, remove the blue safety release by pulling straight up.
4. Swing and push the auto-injector firmly into the middle of the outer thigh until it ‘clicks’.
5. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
6. Remove and massage the injection area for 10 seconds.
7. Call 911 and get emergency medical help right away.

**HOW TO USE EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF EPIFEND®), USP AUTO-INJECTOR, MYLAN**
1. Remove the epinephrine auto-injector from the clear carrier tube.
2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward.
3. With your other hand, remove the blue safety release by pulling straight up.
4. Swing and push the auto-injector firmly into the middle of the outer thigh until it ‘clicks’.
5. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
6. Remove and massage the injection area for 10 seconds.
7. 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 epinephrine auto-injector from its protective carrying case.
2. Pull off both blue end caps: you will now see a red tip.
3. Grasp the auto-injector in your fist with the red tip pointing downward.
4. Put the red tip against the middle of the outer thigh at a 90-degree angle, perpendicular to the thigh.
5. Press down hard and hold firmly against the thigh for approximately 10 seconds.
6. Remove and massage the area for 10 seconds.
7. 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 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.

**OTHER DIRECTIONS/INFORMATION** (may self-carry epinephrine, may self-administer epinephrine, etc.):  
Treat the person before calling emergency contacts. The first signs of a reaction can be mild, but symptoms can worsen quickly.

**EMERGENCY CONTACTS — CALL 911**

| RESCUE SQUAD: |               |
| DOCTOR:       | PHONE:        |
| PARENT/GUARDIAN: | PHONE:        |

**OTHER EMERGENCY CONTACTS**

| NAME/RELATIONSHIP: | PHONE:        |
| NAME/RELATIONSHIP: | PHONE:        |

FORM PROVIDED COURTESY OF FOOD ALLERGY RESEARCH & EDUCATION (FARE) (FOODALLERGY.ORG) 4/2017