



TLINGIT & HAIDA HEAD START

Central Council Tlingit and Haida Indian Tribes of Alaska

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Allergy and Anaphylaxis Emergency Plan

Child's Name: _____ Center: _____ Date of Plan: _____

Date of Birth: ___/___/___ Age: _____ Weight: _____ kg

Child has allergy to: _____



Child has asthma. _____ Yes ___ No (if yes, higher chance severe reaction)

Child has had anaphylaxis. _____ Yes ___ No

Child may carry medicine. _____ Yes ___ No

Child may give him/herself medicine. _____ Yes ___ No

(if child refuses/is unable to self-treat, an adult must give medicine)

IMPORTANT REMINDER!

Anaphylaxis is a potentially life-threatening, severe allergic reaction. If in doubt, give epinephrine.

For Severe Allergy and Anaphylaxis What to look for	Give epinephrine! What to do -
<p>If child has ANY of these severe symptoms after eating the food or having a sting, give epinephrine.</p> <ul style="list-style-type: none"> • Shortness of breath, wheezing, or coughing • Skin color is pale or has a bluish color • Weak pulse • Fainting or dizziness • Tight or hoarse throat • Trouble breathing or swallowing • Swelling of lips or tongue that bother breathing • Vomiting or diarrhea (if severe or combined with other symptoms) • Many hives or redness over body • Feeling of "doom", confusion, altered consciousness, or agitation 	<ol style="list-style-type: none"> 1. Inject epinephrine right away! Note time when epinephrine was given. 2. Call 911 <ul style="list-style-type: none"> • Ask for ambulance with epinephrine. • Tell rescue team when epinephrine was given. 3. Stay with child and: <ul style="list-style-type: none"> • Call parents and child's doctor • Give a second dose of epinephrine, if symptoms get worse, continue, or do not get better in 5 minutes. • Keep child lying on back. If child vomits or has trouble breathing, keep child lying on his or her side. 4. Give other medicine, if prescribed. Do not use any other medicine in place of epinephrine. <ul style="list-style-type: none"> • Antihistamine • Inhaler/bronchodilator
For Mild Allergic Reaction What to look for	Monitor child What to do
<p>If child has had any mild symptoms, monitor child. Symptoms may include:</p> <ul style="list-style-type: none"> • Itchy nose, sneezing, itchy mouth • A few hives • Mild stomach nausea or discomfort 	<p>Stay with child and:</p> <ul style="list-style-type: none"> • Watch child closely. • Give antihistamine (if prescribed) • Call parents and child's doctor. • If symptoms of severe allergy/anaphylaxis develop, use epinephrine. (See "For Severe Allergy...")

Medicine/Doses:

Epinephrine, intramuscular (list type): _____ Dose: 0.15 mg 0.30mg (weight more than 25 kg (55lbs))

Antihistamine, by mouth (type & dose) _____ Other: _____

Physician/HCP Authorization Signature _____ Date _____

Parent/Guardian Signature _____

Date _____

Mail or fax a copy of physical & screenings to Head Start- Attention: Child Health & Safety Coordinator