

MIDDLEBORO PUBLIC SCHOOLS

ALLERGY HEALTH CARE PLAN

Name:	Date:	Photo
Birth Date:		
School:	Grade:	
Teacher:		
SEVERE ALLERGY TO:		
Date of Last Reaction:		
Symptoms then:		

SIGNS OF AN ALLERGIC REACTION	
Symptoms to look for:	
• MOUTH	itching & swelling of the lips, tongue or mouth, drooling
• THROAT*	itching and/or a sense of tightness in the throat, hoarseness, and hacking cough, choking
• SKIN	hives, itchy rash, and/or swelling about the face or extremities, flushed face
• GUT	nausea, abdominal cramps, vomiting, and/or diarrhea
• LUNG*	shortness of breath, repetitive coughing, and/or wheezing
• HEART*	"thready" pulse, "passing-out", rapid heart rate
• OTHER	dizziness, unsteadiness, sudden fatigue, chills, loss of consciousness
<p>The severity of symptoms can quickly change</p> <p>*Symptoms above can potentially progress to LIFE THREATENING situation.</p> <p style="text-align: center;">Do not hesitate to call 911</p>	

Health Care Plan:
<p>Actions for a Minor Reaction</p> <ul style="list-style-type: none"> • • • <p>Actions for a Major Reaction</p> <ul style="list-style-type: none"> • EPI PEN immediately

Other health concerns::	
Medications:	Dose / Time:
Dietary concerns / restrictions:	

Parent Signature:*	Date:
M.D. Signature:	Date:
*Signature required	

Contact Information		
Parent / Guardian:	Home Phone:	
1.	Work:	Cell:
2.	Work:	Cell:

Home Address:	
Emergency Contact:	Phone:
Primary Care Physician:	Phone:
Allergist:	Phone:
Affiliated Facility:	Phone:
School Nurse:	Phone:

TO USE AUTO-INJECTOR:

1. Grasp unit with the orange tip pointing downward.
2. Form fist around the unit (orange tip down).



3. With your other hand, pull off the blue safety release.



4. Hold orange tip near outer thigh.

DO NOT INJECT INTO BUTTOCK.



5. Swing and **firmly push** against outer thigh until it clicks so that unit is perpendicular (at 90° angle) to the thigh.

(Auto-injector is designed to work through clothing.)

6. Hold **firmly against thigh** for approximately 10 seconds to deliver drug. (The injection is now complete. The window on auto-injector will be obscured.)



7. Remove unit from thigh (the orange needle cover will extend to cover needle) and massage injection area for 10 seconds.

8. Call 911 and seek immediate medical attention.

9. Take the used auto-injector with you to the hospital emergency room.

Note: Most of the liquid (about 85%) stays in the auto-injector and cannot be reused. However, you have received the correct dose of the medication if the orange needle tip is extended and the window is obscured. Trainer label has blue background color. Blue background labeled trainer contains no needle and no drug.