

Exhibit 7: Sample Emergency Care Plan (Allergy)

EMERGENCY HEALTH CARE PLAN



ALLERGY TO: _____

Student's Name: _____ D.O.B.: _____ Teacher: _____

Asthmatic Yes* No *High risk for severe reaction

◆ SIGNS OF AN ALLERGIC REACTION ◆

Systems: Symptoms:

- MOUTH** itching & swelling of the lips, tongue, or mouth
- THROAT*** itching and/or a sense of tightness in the throat, hoarseness, and hacking cough
- SKIN** hives, itchy rash, and/or swelling about the face or extremities
- GUT** nausea, abdominal cramps, vomiting, and/or diarrhea
- LUNG*** shortness of breath, repetitive coughing, and/or wheezing
- HEART*** "thready" pulse, "passing-out"

The severity of symptoms can quickly change. *All above symptoms can potentially progress to a life-threatening situation.

◆ ACTION FOR MINOR REACTION ◆

If only symptom(s) are: _____, give _____ medication/dose/route

Then call:

1. Mother _____, Father _____, or emergency contacts.
2. Dr. _____ at _____

If condition does not improve within 10 minutes, follow steps 1-3 below.

◆ ACTION FOR MAJOR REACTION ◆

If ingestion is suspected and/or symptom(s) are: _____,

give _____ IMMEDIATELY!
medication/dose/route

Then call:

1. Rescue Squad (ask for advanced life support)
2. Mother _____, Father _____, or emergency contacts.
3. Dr. _____ at _____

DO NOT HESITATE TO CALL RESCUE SQUAD!

Parent's Signature _____

Date _____

Doctor's Signature _____

Date _____

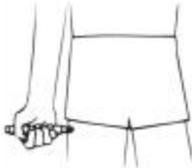
EMERGENCY CONTACTS	TRAINED STAFF MEMBERS
1. _____ _____	1. _____ Room _____
Relation: _____ Phone: _____ 2. _____ _____	2. _____ Room _____
Relation: _____ Phone: _____ 3. _____ _____	3. _____ Room _____
Relation: _____ Phone: _____	

EPIPEN® AND EPIPEN® JR. DIRECTIONS

- 1. Pull off gray safety cap**



- 2. Place black tip on outer thigh (always apply to thigh)**



- 3. Using a quick motion, press hard into thigh until Auto-Injector mechanism functions. Hold in place and count to 10. The EpiPen® unit should then be removed and discarded. Massage the injection area for 10 seconds.**

For children with multiple food allergies, use one form for each food.



Source: Food Allergy & Anaphylaxis Network. (2001).
<http://www.foodallergy.org/school.html>