



## **EMERGENCY HEALTH CARE PLAN**

Child's Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

**ALLERGY TO:** \_\_\_\_\_  
(please be specific, especially for dairy product allergies)

History of Asthma: \_\_\_\_\_ Yes (high risk for sever reaction) \_\_\_\_\_ No

Signs of an allergic reaction include:

**Systems**

MOUTH  
THROAT \*  
SKIN  
GUT  
LUNG \*  
HEART \*

**Symptoms**

Itching and swelling of lips, tongue or mouth.  
Itching and/or a sense of tightness in the throat, hoarseness and hacking cough.  
Hives, itchy rash and/or swelling about the face or extremities.  
Nausea, abdominal cramps, vomiting and/or diarrhea.  
Shortness of breath, repetitive coughing and/or wheezing.  
"Thready" pulse and/or "passing out."

**The severity of symptoms can change quickly.**

**\* All of the above symptoms can potentially progress to a life-threatening situation.**

**Action**

If ingestion of insect sting is seen or suspected: (prescriber should number in order all appropriate actions)

\_\_\_\_\_ Observe child for severe symptoms.

\_\_\_\_\_ Administer EpiPen® before symptoms occur.

\_\_\_\_\_ Administer EpiPen® if symptoms occur.

\_\_\_\_\_ Administer Benadryl® (dose) \_\_\_\_\_ or Atarax® (dose) \_\_\_\_\_.

\_\_\_\_\_ Call 911 (and request a paramedic) and transport to ER if symptoms occur.

\_\_\_\_\_ Call 911 (and request a paramedic) and transport to ER if EpiPen® given.

**DO NOT HESITATE TO ADMINSTER MEDICATION OR CALL 911  
EVEN IF PARENTS OR PRESCRIBER CANNOT BE REACHED!**

\_\_\_\_\_  
(Parent Signature) (Date)

\_\_\_\_\_  
(Prescriber Signature MD/APRN/PA) (Date)

\_\_\_\_\_  
(Parent Name—please print)

\_\_\_\_\_  
(Prescriber Address) (Phone)

**FOR CHILDREN WITH MULTIPLE ALLERGIES, USE ONE FORM FOR EACH ALLERGEN.**