



Exton Allergy & Asthma Associates

www.extonallergy.com

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Anaphylaxis Emergency Action Plan

Patient Name: _____ Age: _____

Allergies: _____

Asthma Yes (*high risk for severe reaction*) No

Additional health problems besides anaphylaxis: _____

Concurrent medications: _____

| | Symptoms of Anaphylaxis |
|---------|---|
| MOUTH | itching, swelling of lips and/or tongue |
| THROAT* | itching, tightness/closure, hoarseness |
| SKIN | itching, hives, redness, swelling |
| GUT | vomiting, diarrhea, cramps |
| LUNG* | shortness of breath, cough, wheeze |
| HEART* | weak pulse, dizziness, passing out |

*Only a few symptoms may be present. Severity of symptoms can change quickly.
Some symptoms can be life-threatening. ACT FAST!

Emergency Action Steps - DO NOT HESITATE TO GIVE EPINEPHRINE!

1. Inject epinephrine in thigh using (check one): Adrenaclick (0.3 mg) Adrenaclick (0.15 mg)
 EpiPen Jr (0.15 mg) EpiPen (0.3 mg)
 Twinject (0.15 mg) Twinject (0.3 mg)

Other medication/dose/route: _____

IMPORTANT: ASTHMA INHALERS AND/OR ANTIHISTAMINES CAN'T BE DEPENDED ON IN ANAPHYLAXIS.

2. Call 911 or rescue squad (before calling contact)

3. Emergency contact #1: home _____ work _____ cell _____

Emergency contact #2: home _____ work _____ cell _____

Emergency contact #3: home _____ work _____ cell _____

Comments: _____

Doctor's Signature/Date _____

Parent's Signature (for individuals under age 18 yrs)/Date _____