



Non-Food Allergy Action Plan

Prepared by the Health Consultant Team at Child Care Aware® of North Dakota

This form should be completed by healthcare provider.

Name of child: _____ Date of Birth: _____

Age: _____ Weight: _____ lbs. Allergy to: _____

Reactions: (Check all that apply)

Mild Reaction/Symptoms (itchy mouth, hives, itch, mild nausea/discomfort, etc)

Severe Reaction/Symptoms

(shortness of breath, wheeze, cough, pale, blue, faint, weak pulse, dizzy, confused, hoarse, trouble breathing/swallowing, swelling of tongue/lips/eyes, severe hives, itchy rash, vomiting, crampy pain)

A child with asthma is at higher risk for a severe allergic reaction.

Does this child have asthma? No Yes (if Yes, complete *Asthma Action Plan* found on ndchildcare.org)

Treatment for Mild Reaction/Symptoms

1. Give medication. Name of medication _____ Dose _____ Route _____
2. Contact the parent or emergency contact person.
3. Stay with child, keep child calm, monitor symptoms until parent arrives.
4. Watch child for more severe reactions/symptoms.

Treatment for Severe Reaction/Symptoms

Can cause life-threatening reaction. Do not hesitate to give Epinephrine!

1. Inject epinephrine in thigh using (Check One) EpiPen Jr (0.15 mg) EpiPen (0.3mg)
2. Call 911 or rescue squad immediately (before calling parent or emergency contact).
Epinephrine only lasts 20-30 minutes. 911/Rescue should ALWAYS be called if epinephrine is given.
3. Contact parents or emergency contact person. If unavailable, staff member should accompany child to hospital until parent or emergency contact arrives.

Stay with child. Tell rescue squad epinephrine was given; request an ambulance with epinephrine. Note time epinephrine was given. A second dose of epinephrine can be given 5 minutes or more after the first if symptoms persist or recur. For this reason, it is best practice to have 2 epinephrine pens at the child care program. For a severe reaction, consider keeping child lying on back with legs raised.

REMINDER – Child care providers/staff should be trained in administering epinephrine. Personnel must take epinephrine pen on field trips. Phone should be close by. Keep pen at room temperature. DO NOT freeze, refrigerate or keep in extreme heat.

Emergency Contacts:

Name	Relationship	Phone: home / work / cell

Comments: _____

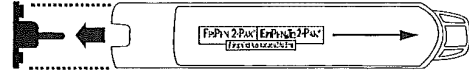
Parent / guardian signature: _____ Date: _____

Healthcare Provider signature: _____ Date: _____

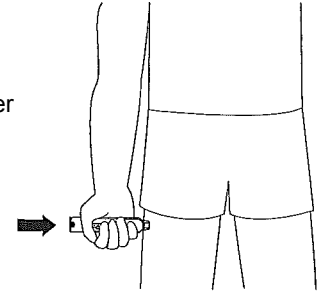
An allergy response kit should contain at least two doses of epinephrine, other medications as noted by the child's physician, and a copy of the Allergy Action Plan. A kit must accompany the child if he/she is off school grounds (ie: field trip)

EpiPen Auto-Injector and EpiPen Jr Auto-Injector

- Remove the EpiPen Auto-Injector from plastic carrying case.
- Pull off the blue safety release cap.



- Hold orange tip near outer thigh (always apply to thigh)
- Swing and firmly push orange tip against outer thigh.
- Hold on thigh for approximately 10 seconds.
- Remove the EpiPen Auto-Injector and massage the area for 10 more seconds.



Resources :
FAAN (www.foodallergy.org)
Food Allergy & Anaphylaxis Network
American Academy and Allergy Asthma and Immunology www.aaaai.org
Child Care Aware health consultants

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