Action plan for Anaphylaxis

Name: 

Date of birth: 

Known severe allergies: 

Parent/carer name(s) 

Work Ph: 

Home Ph: 

Mobile Ph: 

Plan prepared by: 
Dr. 
Signed 
Date 

MILD TO MODERATE ALLERGIC REACTION

- swelling of lips, face, eyes
- hives or welts
- abdominal pain, vomiting

ACTION

- stay with child and call for help
- give medications (if prescribed) ........................................
- locate EpiPen® or EpiPen® Jr
- contact parent/carer

watch for signs of Anaphylaxis

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- difficulty/noisy breathing
- swelling of tongue
- swelling/tightness in throat
- difficulty talking and/or hoarse voice
- wheeze or persistent cough
- loss of consciousness and/or collapse
- pale and floppy (young children)

ACTION

1. Give EpiPen® or EpiPen® Jr
2. Call ambulance. Telephone 000
3. Contact parent/carer
If in doubt, give EpiPen® or EpiPen® Jr

Additional Instructions

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