
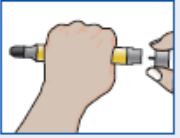



PATIENT ACTION PLAN FOR ANAPHYLAXIS

Allergens to be avoided:		MILD TO MODERATE ALLERGIC REACTION	
		<ul style="list-style-type: none"> swelling of lips, face, eyes hives or welts tingling mouth, abdominal pain, vomiting 	
Family/alternate name(s):		ACTION	
Work Ph: Home Ph: Mobile Ph:		<ul style="list-style-type: none"> stay with person and call for help give medications (if prescribed) locate EPINEPHrine auto injector contact family/alternate 	
Plan prepared by:		 Watch for any one of the following signs of Anaphylaxis	
Dr.		ANAPHYLAXIS (SEVERE ALLERGIC REACTION)	
Date:		<ul style="list-style-type: none"> difficult/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) 	
How to give EPINEPHrine auto injector		ACTION	
		<ol style="list-style-type: none"> 1. Give EPINEPHrine auto injector 2. Call 911 3. Lay person flat and elevate legs. If breathing is difficult, allow to sit but do not stand 4. Contact family/alternate 5. Further EPINEPHrine auto injector doses may be given if no response after 5 minutes 	
<ol style="list-style-type: none"> 1. Form fist around auto injector and pull off cap 	<ol style="list-style-type: none"> 2. Place black end against outer mid-thigh (with or without clothing) 	<p style="color: red; font-weight: bold; text-align: center;">If in doubt, give EPINEPHrine auto injector</p>	
<ol style="list-style-type: none"> 3. Push down HARD until a click is heard or felt and hold in place for 10 seconds 	<ol style="list-style-type: none"> 4. Remove the auto injector and be careful not to touch the needle. Massage the injection site for 10 seconds. 		

MILD TO MODERATE ALLERGIC REACTION		ANAPHYLAXIS (SEVERE ALLERGIC REACTION)	
Signs	Actions	Signs	Actions
<ul style="list-style-type: none"> swelling of lips, face, eyes hives or welts tingling mouth, abdominal pain, vomiting 	<ul style="list-style-type: none"> stay with person and call for help give medications (if prescribed) locate EPINEPHrine auto injector contact family/alternate 	<ul style="list-style-type: none"> difficult/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) 	<ol style="list-style-type: none"> 1. Give EPINEPHrine auto injector 2. Call 911 3. Lay person flat and elevate legs. If breathing is difficult, allow to sit but do not stand 4. Contact family/alternate 5. Further EPINEPHrine auto injector doses may be given if no response after 5 minutes <p style="color: red; font-weight: bold;">If in doubt, give EPINEPHrine auto injector</p>