



# ANAPHYLAXIS ACTION PLAN

\_\_\_\_\_/\_\_\_\_\_  
 Name Age/DOB

History of asthma  Yes  No Allergies  Yes  No NOTE: "Yes" indicates increased risk factors.

Allergens known to trigger anaphylactic reactions for this person:  
 \_\_\_\_\_  
 \_\_\_\_\_

Epinephrine auto-injector brand name and dose:  
 \_\_\_\_\_

NOTE: Epinephrine is always the FIRST medication given. Administer secondary medications if needed:  
 \_\_\_\_\_

Patient has been taught how and when to use this epinephrine auto-injector:  Yes  No

*NOTE: Due to the nature of anaphylaxis, the patient may or may not be able to self-administer medication during a crisis.*

**A Act immediately:** Administer epinephrine auto-injector in thigh when:  
 \_\_\_\_\_

**C Call for help:** 911/Rescue Squad. Speak to at least one person on the emergency contact list below.

**E Expect RAPID results:** IF NO IMPROVEMENT WITHIN 5 - 10 MINUTES, administer second epinephrine auto-injector dose.

### EMERGENCY CONTACT INFORMATION:

\_\_\_\_\_  
 Name Phone Relationship

\_\_\_\_\_  
 Name Phone Relationship

\_\_\_\_\_  
 Name Phone Relationship

\_\_\_\_\_  
 Healthcare Provider Signature Contact Number Date

\_\_\_\_\_  
 Patient or Parent/Guardian of minor child Contact Number Date



# Anaphylaxis Signs and Symptoms

The patient feels or notices symptoms before they become obvious to others.

- General sense of pending doom or anxiety.
- Shortness of breath, wheezing, coughing, shallow breathing
- Stomach cramps, nausea, vomiting, diarrhea
- Runny or itchy nose, sneezing
- Red or watery eyes
- Itchy mouth or throat
- Difficulty swallowing

Signs/symptoms that are more obvious:

- Lips and/or tongue swell
- Face or skin rashes, hives, swelling, redness, facial swelling
- Choking
- Weak pulse, low blood pressure, dizziness, passing out, loss of consciousness

It is not possible to predict future symptom severity based on prior experience. If a patient asks for help or says they are feeling any combination of symptoms upon exposure to a known or suspected allergen, treat the situation as a medical emergency and **follow the Anaphylaxis Action Plan** provided by the healthcare provider.

## Anaphylaxis Event Report

To be completed and given to emergency responders to travel with the patient to the hospital. Also send any used epinephrine auto-injectors.

Circle any symptoms listed above that you observed or the patient reported.

Time first epinephrine dose was given: \_\_\_\_\_

Time second epinephrine dose was given: \_\_\_\_\_

Time patient first reported symptoms: \_\_\_\_\_

Notes/comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name of person giving epinephrine auto-injector

\_\_\_\_\_

Please PRINT and sign name

\_\_\_\_\_

Date