



PETER MOYES ANGLICAN COMMUNITY SCHOOL

ACTION PLAN FOR ALLERGIC REACTIONS 2020



Note: * A new request form is required
 * If the dose or medication type is altered and/or
 * If the regimen is re-started following the expiration of this order and/or
 * At the beginning of each NEW calendar year;

Name: _____

Date of Birth: _____

Allergens to be avoided:

Family/carer contact name(s):

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

Plan prepared by:

Dr: _____

Signed: _____

Date: _____

Signature of Parent/Guardian/Carer:

Date: _____

Signature by Associate Principal/ Deputy Associate Principal OR Principal

Date: _____

MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting

ACTION

- **For insect allergy, flick out sting if visible. Do not remove ticks.**
- Stay with person and call for help
- Locate EpiPen® or EpiPen® Jr
- Give other medications (prescribed).....
- Dose:
- Phone family/emergency contact

Mild to moderate allergic reactions may or may not precede anaphylaxis

Watch for any one of the following signs if anaphylaxis

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (young children)

ACTION

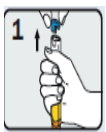
- 1 Lay person flat. Do not allow them to stand or walk. If breathing is difficult allow them to sit.**
 - 2 Give EpiPen® or EpiPen® Jr**
 - 3 Phone ambulance* 000 (AU), 112 (mobile)**
 - 4 Phone family/emergency contact**
 - 5 Further adrenaline doses may be given if no response after 5 minutes (if another adrenaline autoinjector is available)**
- If in doubt, give adrenaline autoinjector**

Commence CPR at any time if person is unresponsive and not breathing normally. If uncertain whether it is asthma or anaphylaxis, give adrenaline autoinjector FIRST, then asthma reliever. EpiPen® is generally prescribed for adults and children over 5 years. EpiPen® Jr is generally prescribed for children aged 1-5 years.

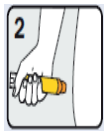
IF UNCERTAIN WHETHER THE REACTION IS ANAPHYLAXIS OR ASTHMA

- * Give adrenaline autoinjector FIRST, then asthma reliever.
- * If someone with a known food or insect allergy suddenly develops severe asthma like symptoms, give adrenaline autoinjector FIRST, then asthma reliever.

Asthma: Y N Medication: _____



How to give EpiPen®
 Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE.



PLACE ORANGE END against outer mid-thigh (with or without clothing).



PUSH DOWN HARD until a click is heard or felt and hold in place for 10 seconds. REMOVE EpiPen®. Massage injection site for 10 seconds.