

INDIVIDUALIZED HEALTH CARE PLAN SEVERE ALLERGIC REACTION

Date:
SY:
Site:
Grade:
DOB:
Age:

Allergy to: Latex Bees Peanuts Other

Last Name: _____ First Name: _____
Emergency Contact: _____

- See Student Emergency Card for additional emergency contact.
- Teacher/Advisor/Coach to copy and carry for all off-campus/after-hours activities.
- Students with Special Health Needs are allowed to participate in all field trips and sports unless indicated:
- Consult with School Nurse for student-specific questions. nurse@puhsd.k12.ca.us

Anaphylaxis is a **rapid, severe** allergic response triggered by bee stings, food, plant or medication allergies, latex sensitivity and in some cases unknown triggers in the environment. This is a **life threatening** allergic condition, requiring immediate action. Severity of symptoms can change quickly within the first hour. Do not hesitate to give medication (i.e. Epi-Pen), even if symptoms seem minor. Epi-Pen does not cure; it buys time to get to the hospital. A second dose may be needed. **Never send student or staff member with allergic symptoms anywhere alone!!!**

HEALTH HISTORY:

CURRENT MEDICATIONS: Epi-Pen: Yes No
Epi-Pen is given in outer thigh, through clothes if necessary.

All students requiring medications at school must have a completed Medication Administration Form completed by the Medical Provider on file in the office.

SYMPTOMS OF AN ALLERGIC REACTION
Mental: Feels scared, sense of something bad is going to happen.
Mouth: Itching and swelling of lips, tongue or mouth
Throat: Itching or sense of tightness in throat, hoarseness or hacking cough.
Skin: Hives, itchy rash and/or swelling about the face or extremities.
Gut: Nausea, stomach cramps, vomiting and/or diarrhea.
Lung: Shortness of breath, repetitive coughing or wheezing.
Heart: Signs of shock, passing out.

ACTION FOR A MINOR REACTION

- Stay calm, reassure student.
- Contact parent
- Other:

ACTION FOR A MAJOR REACTION: LIFE-THREATENING SYMPTOMS

CALL 911 IF STUDENT HAS:

- | | |
|---|--|
| <ul style="list-style-type: none">• Difficulty breathing or noisy breathing• Chest tightness• Swelling of tongue, eyes or lips• Swelling/tightness in throat | <ul style="list-style-type: none">• Difficulty talking and/or hoarse voice• A wheeze or persistent cough• Loss of consciousness and/or collapses• Blue discoloration of lips or fingernails |
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Administer CPR if breathing stops! Continue until paramedics arrive!