**Food Allergy & Anaphylaxis Emergency Care Plan**

(Adapted from FARE and MassGeneral Hospital for Children)

For **any** of the following **severe** symptoms:

**Lung**: shortness of breath, wheezing, repetitive cough

**Heart**: pale, blue, faint, weak pules, dizzy

**Throat**: tightness, hoarseness, trouble breathing/swallowing

**Mouth**: significant swelling or the tongue and/or lips

**Skin**: many hives over body, widespread redness

**Gut**: repetitive vomiting, severe diarrhea

**Other**: feeling something bad is about to happen, anxiety, confusion

**OR a combination** of symptoms from different body areas

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1. Inject epinephrine immediately if you have on hand
2. Call 911 (tell them that the child is having anaphylaxis and may need epinephrine)
3. Consider giving additional medications:
   1. Antihistamine (Benadryl)
   2. Bronchodilator (if asthmatic)
4. Lay the child flat, raise legs and keep warm. If breathing is difficult or they are vomiting, let them sit up or lie on their side
5. If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose
6. Transport to ER even is symptoms resolve

**Mild** symptoms:

**Nose**: itchy/runny nose, sneezing

**Mouth**: itchy mouth

**Skin**: a few hives, mild itch

**Gut**: mild nausea/discomfort

For mild symptoms **from more than one system area** follow the above instructions

For **mild** symptoms from a **single** system area, follow the directions below

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1. Call your healthcare provider
2. Antihistamine may be given if ordered by healthcare provider
3. Stay with the child
4. Watch closely for changes. If symptoms worsen, call 911

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