

Medications specified on this plan should be administered according to the plan.

This document should be completed by the child's treating healthcare professional. It must not be altered without their permission.

Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Allergies: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PHOTO

Emergency contact details: \_\_\_\_\_

Plan prepared by:

I hereby authorise school staff to administer the medications listed on this plan.

Signed: \_\_\_\_\_

Parent name: \_\_\_\_\_

### MILD ALLERGIC REACTIONS

- Itching and swelling of lips, face and/or eyes
- Hives or wheals (itchy skin rash)
- Tingling mouth
- Abdominal pain/vomiting/diarrhoea
- Sudden change in behaviour

### ACTION

- Stay with the child and call for help
- Take antihistamines: \_\_\_\_\_  
\_\_\_\_\_ (if vomited, may repeat dose)
- Locate EpiPen (adrenaline auto-injector)
- Contact family/caregiver through emergency contact
- Any other medications: \_\_\_\_\_  
\_\_\_\_\_

### ANAPHYLAXIS (SEVERE/LIFE THREATENING ALLERGIC REACTIONS)

- **AIRWAY:** Persistent cough, hoarse voice, difficulty swallowing, swollen tongue, throat tightness
- **BREATHING:** Difficult or noisy breathing, wheeze
- **CONSCIOUSNESS:** Persistent dizziness, looking pale or floppy, suddenly sleepy, collapse, loss of consciousness
- **OTHERS:** Severe abdominal pain/persistent vomiting

Only a few symptoms may be present and severity may change quickly.

Anaphylaxis can occur without milder symptoms such as skin symptoms or swelling.

### ACTION

- If **ANY** of the above are present, give EpiPen (adrenaline auto-injector) without delay
- If in doubt, give EpiPen
- Lay flat, elevate legs. If breathing is difficult, child may be allowed to sit but not stand

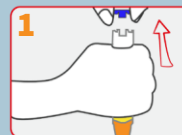


- Give EpiPen/EpiPen Junior without delay
- Call 995 and say ANAPHYLAXIS ('ANA-FIL-AX-IS')

#### After giving EpiPen:

- Stay with the child and ensure that they DO NOT stand up
- Contact family/caregiver through emergency contact
- Commence CPR if child is unresponsive and not breathing
- If there is no response after 5 min, give a second EpiPen if available
- Medical observation in hospital is recommended after anaphylaxis

### HOW TO GIVE EPIPEN



Form fist around EpiPen and pull off **BLUE** safety cap.



Hold thigh firmly and keep the leg still to avoid injuries. Place the **ORANGE** tip against mid outer thigh (with or without clothing).



Push down hard until a 'click' is heard or felt. Hold EpiPen firmly in place for 3 seconds. Remove EpiPen.

Massage injection area for 10 seconds.