

## **BBA ALLERGY ACTION PLAN**

STUDENT'S NAME \_\_\_\_\_ D.O.B. \_\_\_\_\_

CLASS: \_\_\_\_\_ TEACHER: \_\_\_\_\_

ALLERGY TO: \_\_\_\_\_

**ASTHMATIC?**      **YES\*** \_\_\_\_\_ **No** \_\_\_\_\_

**\*HIGHER RISK FOR SEVERE REACTION**

**PARENT/GUARDIAN NAME:**

\_\_\_\_\_

**PARENT/GUARDIAN SIGNATURE:** \_\_\_\_\_

**DATE** \_\_\_\_\_

### **Symptoms:**

- |  |                                      |  |
|--|--------------------------------------|--|
| • <i>No symptoms</i> , but known allergen was ingested:                  | <input type="checkbox"/> Epinephrine | <input type="checkbox"/> Antihistamine |
| • Mouth      Itching, tingling, or swelling of lips, tongue, mouth       | <input type="checkbox"/> Epinephrine | <input type="checkbox"/> Antihistamine |
| • Skin        Hives, itchy rash, swelling of the face or extremities     | <input type="checkbox"/> Epinephrine | <input type="checkbox"/> Antihistamine |
| • Gut         Nausea, abdominal cramps, vomiting, diarrhea               | <input type="checkbox"/> Epinephrine | <input type="checkbox"/> Antihistamine |
| • Throat**    Tightening of throat, hoarseness, hacking cough            | <input type="checkbox"/> Epinephrine | <input type="checkbox"/> Antihistamine |
| • Lung**     Shortness of breath, repetitive coughing, wheezing          | <input type="checkbox"/> Epinephrine | <input type="checkbox"/> Antihistamine |
| • Heart**    Thready pulse, low blood pressure, fainting, pale, blueness | <input type="checkbox"/> Epinephrine | <input type="checkbox"/> Antihistamine |
| • Other**     _____  | <input type="checkbox"/> Epinephrine | <input type="checkbox"/> Antihistamine |
| • Reaction is progressing (several of above areas affected), give        | <input type="checkbox"/> Epinephrine | <input type="checkbox"/> Antihistamine |

\*\*Potentially life threatening. Severity of symptoms can change quickly.

### **Dosage**

**Epinephrine:** inject intramuscularly (circle one) EpiPen    EpiPen Jr.    Twinject 0.3mg    Twinject 0.15mg

**Antihistamine:** \_\_\_\_\_

Instructions \_\_\_\_\_

**Other:** \_\_\_\_\_ Instructions \_\_\_\_\_