



Loomis Union School District

3290 Humphrey Road, Loomis, CA 95650 (916) 652-1800

www.loomis-usd.k12.ca.us

Building Excellence in Education since 1856

Gordon T. Medd, Superintendent

Insert Student
Picture Here

EMERGENCY HEALTH CARE PLAN Severe Food Allergy








Student Name:	Birthdate:
School:	Grade/Teacher:

Allergy Information:

Allergic to:	Asthma: <input type="checkbox"/> Yes (higher risk for a severe reaction) <input type="checkbox"/> No
Extremely reactive to the following foods:	Weight (in lbs.):

FOR ANY OF THE FOLLOWING
SEVERE SYMPTOMS

[] If checked, give epinephrine immediately if the allergen was definitely eaten, even if there are no symptoms.

 LUNG Short of breath, wheezing, repetitive cough	 HEART Pale, blue, faint, weak pulse, dizzy	 THROAT Tight, hoarse, trouble breathing/ swallowing	 MOUTH Significant swelling of the tongue and/or lips
 SKIN Many hives over body, widespread redness	 GUT Repetitive vomiting or severe diarrhea	 OTHER Feeling something bad is about to happen, anxiety, confusion	OR A COMBINATION of mild or severe symptoms from different body areas.

NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. **Use Epinephrine.**





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- INJECT EPINEPHRINE IMMEDIATELY.**
- Call 911.** Request ambulance with epinephrine.
- Consider giving additional medications (following or with the epinephrine):
 - » Antihistamine
 - » Inhaler (bronchodilator) if asthma
- Lay the student flat and raise legs. If breathing is difficult or they are vomiting, let them sit up or lie on their side.
- If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
- Alert emergency contacts.
- Transport student to ER even if symptoms resolve. Student should remain in ER for 4+ hours because symptoms may return.

NOTE: WHEN IN DOUBT, GIVE EPINEPHRINE.

MILD SYMPTOMS

[] If checked, give epinephrine immediately for ANY symptoms if the allergen was likely eaten.

 NOSE Itchy/runny nose, sneezing	 MOUTH Itchy mouth
 SKIN A few hives, mild itch	 GUT Mild nausea/discomfort

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- GIVE ANTIHISTAMINES, IF ORDERED BY PHYSICIAN**
- Stay with student; alert emergency contacts.
- Watch student closely for changes. If symptoms worsen, **GIVE EPINEPHRINE.**

Medications/Dosage	
Student may carry Medication <input type="checkbox"/> Yes <input type="checkbox"/> No	
Epinephrine <ul style="list-style-type: none"> ○ Brand: ○ Dosage: 	
Antihistamine <ul style="list-style-type: none"> ○ Brand: ○ Dosage: 	
Other Medications <ul style="list-style-type: none"> ○ Brand: ○ Dosage: 	
Location of Medications at School	

Monitoring	
Stay with Student; Alert School Nurse, Healthcare Professionals and Parent.	
Tell Emergency technicians that Epinephrine was given.	
Note time Epinephrine was administered.	
A second dose of Epinephrine can be given 5 minutes or more after the first dose if symptoms persist or recur.	
For a severe reaction, consider keeping student lying on back with legs raised.	
Treat student even if parent/guardian cannot be reached.	

Emergency Contact Information		
Parent/Guardian:	Phone:	Relationship:
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Parent/Guardian:	Phone:	Relationship:

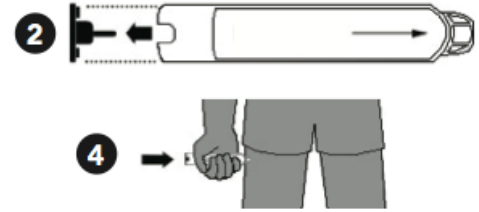
Nurse Comments	

Consent/Signatures	
Parent/Guardian:	Date:
Physician/Healthcare provider:	Date:
LUSD School Nurse:	Date:

Directions

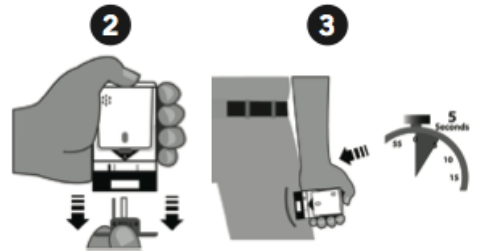
EPIPEN® (EPINEPHRINE) AUTO-INJECTOR DIRECTIONS

1. Remove the EpiPen Auto-Injector from the plastic carrying case.
2. Pull off the blue safety release cap.
3. Swing and firmly push orange tip against mid-outer thigh.
4. Hold for approximately 10 seconds.
5. Remove and massage the area for 10 seconds.



AUVI-Q™ (EPINEPHRINE INJECTION, USP) DIRECTIONS

1. Remove the outer case of Auvi-Q. This will automatically activate the voice instructions.
2. Pull off red safety guard.
3. Place black end against mid-outer thigh.
4. Press firmly and hold for 5 seconds.
5. Remove from thigh.



ADRENACLICK®/ADRENACLICK® GENERIC DIRECTIONS

1. Remove the outer case.
2. Remove grey caps labeled "1" and "2".
3. Place red rounded tip against mid-outer thigh.
4. Press down hard until needle penetrates.
5. Hold for 10 seconds. Remove from thigh.



OTHER DIRECTIONS/INFORMATION (may self-carry epinephrine, may self-administer epinephrine, etc.):

Treat student before calling Emergency Contacts. The first signs of a reaction can be mild, but symptoms can get worse quickly.

Emergency Information

Call 911
99-911 (from school phone)

Loomis Fire Department: 916-791-3070 (station 20)

EMS Dispatch (from cell phone): (530) 886-5375