

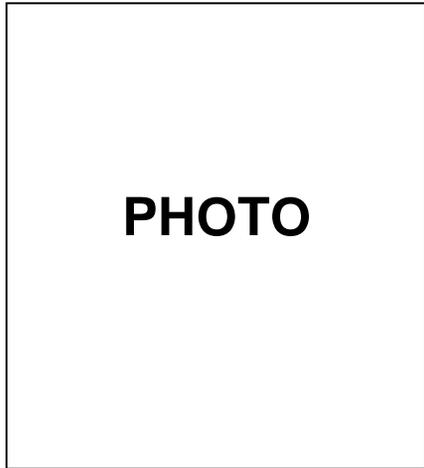


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**Anaphylaxis Emergency Plan for:** \_\_\_\_\_

**This person has a potentially life-threatening allergy (anaphylaxis) to:**



- Peanuts       Other: \_\_\_\_\_
- Tree nuts     Insect stings
- Egg             Latex
- Milk           Medication: \_\_\_\_\_

**Food:** The key to preventing an anaphylactic emergency is absolute avoidance of the allergen. People with food allergies should not share food or eat unmarked /bulk foods or products with a "may contain" warning.

**Epinephrine Auto-Injector:**

**Expiry Date:** \_\_\_\_\_

**Dosage:**  EpiPen® Jr. 0.15 mg     EpiPen® 0.30 mg  
 Allerject™ 0.15 mg       Allerject™ 0.30 mg

**Location of Epinephrine Auto-Injector(s):** \_\_\_\_\_

- Previous Anaphylactic Reaction:** Person is at greater risk.
- Asthmatic:** Person is at greater risk. If person is having a reaction and has difficulty breathing, give epinephrine auto-injector before asthma medication. (Asthma Plan Posted)

**The person having the anaphylactic reaction may display these signs and symptom: (please circle all that apply)**

- o **Skin system:** hives, swelling (face, lips, tongue), itching, warmth, redness, rash
- o **Respiratory system (Breathing):** coughing, wheezing, shortness of breath, chest pain or tightness, throat tightness, hoarse voice, nasal congestion or hay fever-like symptoms (runny, itchy nose and watery eyes, sneezing), trouble swallowing
- o **Gastrointestinal system (stomach):** nausea, pain or cramps, vomiting, diarrhea
- o **Cardiovascular system (heart):** paler than normal skin colour/blue colour, weak pulse, passing out, dizziness or light-headedness, shock
- o **Other:** anxiety, sense of doom (the feeling that something bad is about to happen), headache, uterine cramps, metallic taste.
- o **Other:** \_\_\_\_\_

**Early recognition of symptoms and immediate treatment could save a person's life.**

**Act quickly. The first signs of a reaction can be mild, but symptoms can get worse very quickly**

1. **Give epinephrine auto-injector** (e.g. EpiPen® or Allerject™) at the first sign of a known or suspected anaphylactic reaction.
2. **Call 9-1-1** or local emergency medical services. Tell them someone is having a life-threatening allergic reaction.
3. **Give a second dose of epinephrine** in 5 to 15 minutes IF the reaction continues or worsens.
4. **Go to the nearest hospital immediately (ideally by ambulance)**, even if symptoms are mild or have stopped. The reaction could worsen or come back, even after proper treatment. Stay in the hospital for an appropriate period of observation as decided by the emergency department physician (generally about 4 hours).
5. **Call emergency contact person (e.g. parent, guardian).**

Emergency Contact Information				
Name	Relationship	Home Phone	Work Phone	Cell Phone

The undersigned parent/guardian authorizes any adult to administer epinephrine to the above-named person in the event of an anaphylactic reaction, as described above. This protocol has been recommended by the patient's physician.

\_\_\_\_\_  
 Parent/Guardian Signature

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Physician Signature

\_\_\_\_\_  
 Date