



Pediatric Care Online™

AAP Allergy and Anaphylaxis Emergency Plan

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Article type: [Resources](#)

English

Spanish

Allergy and Anaphylaxis Emergency Plan

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™

Child's name: _____ Date of plan: _____

Date of birth: ____/____/____ Age _____ Weight: _____ kg

Child has allergy to _____

Child has asthma. Yes No (If yes, higher chance severe reaction)
Child has had anaphylaxis. Yes No
Child may carry medicine. Yes No
Child may give him/herself medicine. Yes No (If child refuses/is unable to self-treat, an adult must give medicine)

Attach
child's
photo

IMPORTANT REMINDER
Anaphylaxis is a potentially life-threatening, severe allergic reaction. If in doubt, give epinephrine.

| For Severe Allergy and Anaphylaxis What to look for | Give epinephrine! What to do |
|--|---|
| <p>If child has ANY of these severe symptoms after eating the food or having a sting, give epinephrine.</p> <ul style="list-style-type: none">• Shortness of breath, wheezing, or coughing• Skin color is pale or has a bluish color• Weak pulse• Fainting or dizziness• Tight or hoarse throat• Trouble breathing or swallowing• Swelling of lips or tongue that bother breathing• Vomiting or diarrhea (if severe or combined with other symptoms)• Many hives or redness over body• Feeling of "doom," confusion, altered consciousness, or agitation <p><input type="checkbox"/> SPECIAL SITUATION: If this box is checked, child has an extremely severe allergy to an insect sting or the following food(s): _____. Even if child has MILD symptoms after a sting or eating these foods, give epinephrine.</p> | <ol style="list-style-type: none">1. Inject epinephrine right away! Note time when epinephrine was given.2. Call 911.<ul style="list-style-type: none">• Ask for ambulance with epinephrine.• Tell rescue squad when epinephrine was given.3. Stay with child and:<ul style="list-style-type: none">• Call parents and child's doctor.• Give a second dose of epinephrine, if symptoms get worse, continue, or do not get better in 5 minutes.• Keep child lying on back. If the child vomits or has trouble breathing, keep child lying on his or her side.4. Give other medicine, if prescribed. Do not use other medicine in place of epinephrine.<ul style="list-style-type: none">• Antihistamine• Inhaler/bronchodilator |

| For Mild Allergic Reaction What to look for | Monitor child What to do |
|--|---|
| <p>If child has had any mild symptoms, monitor child.</p> <p>Symptoms may include:</p> <ul style="list-style-type: none">• Itchy nose, sneezing, itchy mouth• A few hives• Mild stomach nausea or discomfort | <p>Stay with child and:</p> <ul style="list-style-type: none">• Watch child closely.• Give antihistamine (if prescribed).• Call parents and child's doctor. <p>• If more than 1 symptom or symptoms of severe allergy/anaphylaxis develop, use epinephrine. (See "For Severe Allergy and Anaphylaxis.")</p> |

Medicines/Doses
Epinephrine, intramuscular (list type): _____ Dose: 0.10 mg (7.5 kg to less than 13 kg)
 0.15 mg (13 kg to less than 25 kg)
 0.30 mg (25 kg or more)

Antihistamine, by mouth (type and dose): _____ (*Use 0.15 mg, if 0.10 mg is not available)

Other (for example, inhaler/bronchodilator if child has asthma): _____

Parent/Guardian Authorization Signature _____ Date _____ Physician/HCP Authorization Signature _____ Date _____

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This information should not take the place of talking with your child's doctor. Page 1 of 2.

More information: [AAP Clinical Report: Guidance on Completing a Written Allergy and Anaphylaxis Emergency Plan](#)

