

Food Allergy Plan for:

Date:

Allergic to:

May introduce:

Asthma Yes (High risk for severe reaction) **No**

1. These foods must be strictly avoided. Read labels carefully. "May contain" labels means the product may contain enough allergen to cause a reaction.
2. An epinephrine autoinjector must be available at all times to treat severe allergic reactions.
3. Medical alert identification should be worn that says what your allergies are and that you have an epinephrine autoinjector (www.medicalert.ca) *No child without program*
4. Stay away from high risk places: buffets, bake sales, ice cream stores, any foods that do not come with a label of ingredients
5. When to call our office:
 - If a serious reaction occurs
 - If you need to use your epinephrine autoinjector
 - If you are worried about a new food allergy
6. Excellent websites for patients with food allergies
 - www.foodallergy.org
 - www.foodallergycanada.ca

ANAPHYLAXIS PLAN

What to look for:

MOUTH	Itching, swelling of lips and/or tongue	Use EpiPen if 2 body systems involved, or any of the bolded systems alone
THROAT*	Itching, tightness/closure, hoarseness	
SKIN	Itching, hives, redness, swelling	
GUT	Vomiting, diarrhea, cramps	
LUNG*	Shortness of breath, cough, wheeze	
HEART*	Dizziness, sleepiness, passing out	

Only a few symptoms may be present. Severity of symptoms can change quickly.

*Some symptoms can be life-threatening.

How to use EpiPen: <https://www.youtube.com/watch?v=uBvdO9a9NTQ&t=93s>

What to do:

1. Lie down flat – do not stand up or walk
2. Inject the epinephrine autoinjector (EpiPen) into the thigh - it can go through a layer of clothes
3. If you have asthma, use your reliever inhaler (Ventolin or Bricanyl) if needed
4. Call 911 or head to the nearest emergency department – more treatment may be needed

Remember: If you are not sure if you should use the EpiPen – USE IT!