

**ALLERGY AND ANAPHYLAXIS PHYSICIAN ORDERS**

**Place  
Picture  
Here**

Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_

Allergy to: \_\_\_\_\_

Weight: \_\_\_\_\_ lbs.      Asthma:  Yes (higher risk for a severe reaction)  No

**Extremely reactive to the following allergen(s):** \_\_\_\_\_

THEREFORE:

If checked, give epinephrine immediately for *ANY* symptom if likely allergen exposure.

If checked, give epinephrine immediately if *DEFINITE* allergy exposure, even if no symptoms are noted

**Note: Do not depend on antihistamines or inhalers (broncodilators) to treat a severe reaction. USE EPINEPHRINE.**

**MILD SYMPTOMS**

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

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**FOR MILD SYMPTOMS FROM MORE THAN ONE SYSTEM AREA, GIVE EPINEPHRINE.**

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**FOR MILD SYMPTOMS FROM A SINGLE SYSTEM AREA, FOLLOW THE DIRECTIONS BELOW:**

- Antihistamines may be given, if ordered by a healthcare provider.
- Stay with the person; alert emergency contacts.
- Watch closely for changes. If symptoms worsen, give epinephrine.

FOR ANY OF THE FOLLOWING:  
**SEVERE SYMPTOMS**

			
<b>LUNG</b>	<b>HEART</b>	<b>THROAT</b>	<b>MOUTH</b>
Short of breath, wheezing, repetitive cough	Pale, blue, faint, weak pulse, dizzy	Tight, hoarse, trouble breathing/swallowing	Significant swelling of the tongue and/or lips

			<b>OR A COMBINATION</b> of symptoms from different body areas.
<b>SKIN</b>	<b>GUT</b>	<b>OTHER</b>	
Many hives over body, widespread redness	Repetitive vomiting, severe diarrhea	Feeling something bad is about to happen, anxiety, confusion	

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- INJECT EPINEPHRINE IMMEDIATELY.**
- Call 911.** Tell them the child is having anaphylaxis and may need epinephrine when they arrive.
  - Consider giving additional medications following epinephrine:
    - » Antihistamine
    - » Inhaler (bronchodilator) if wheezing
  - Lay the person flat, raise legs and keep warm. 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 them to ER even if symptoms resolve. Person should remain in ER for at least 4 hours because symptoms may return.

**MEDICATIONS/DOSES**

Epinephrine Brand: \_\_\_\_\_

Epinephrine Dose:     0.15 mg IM     0.3 mg IM

Antihistamine Brand or Generic: \_\_\_\_\_

Antihistamine Dose: \_\_\_\_\_

Other (e.g., inhaler-bronchodilator if wheezing): \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE                      DATE                      PHYSICIAN/HCP SIGNATURE                      DATE