

Action Plan For Allergies

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AUSTRALIAN SOCIETY OF CLINICAL IMMUNOLOGY AND ALLERGY
www.allergy.org.au

ACTION PLAN FOR Allergic Reactions

Name: _____
Date of birth: _____

Photo

Confirmed allergens: _____

Family/emergency contact names(s): _____

Work Ph: _____
Home Ph: _____
Mobile Ph: _____

Plan prepared by:
Dr: _____
Signed: _____
Date: _____

MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of a severe allergic reaction to **insects**)

ACTION

- For insect allergy, flick out sting if visible. Do not remove ticks.
- Stay with person and call for help
- Give medications (if prescribed) _____
Dose: _____
- Phone family/emergency contact

Mild to moderate allergic reactions may or may not precede anaphylaxis

Watch for **any one** of the following signs of Anaphylaxis

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (young children)

ACTION

- 1 Lay person flat. Do not allow them to stand or walk. If breathing is difficult allow them to sit.
- 2 Phone ambulance - 000 (AU), 111 (NZ), 112 (mobile)
- 3 Phone family/emergency contact
- 4 Commence CPR if there are no signs of life

Additional information _____

Note: This is a medical document that can only be completed and signed by the patient's treating medical doctor and cannot be altered without their permission.

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PDFs and quick links for all ASCIA Action, Treatment Plans and Checklists are available on this ASCIA Action Plan for Allergic Reactions (personal) KB . Training in the recognition and management of allergic reactions (ASCIA has a range of anaphylaxis e-training courses that can be used for this purpose) An emergency response plan for when exposure does occur (ASCIA Action Plans for Anaphylaxis should be used for this purpose). For insect allergy - flick out sting if visible. For tick allergy seek medical help or freeze tick and let it drop off. Stay with person and call for help. Give other. FARE's Food Allergy & Anaphylaxis Emergency Care Plan, formerly the Food Allergy Action Plan, outlines recommended treatment in case of an allergic reaction, is signed by a physician and includes emergency contact information. Allergy Action plans for Children. There are 4 plans available (click on the link to download the relevant plan and complete electronically). Personal plan for. Updated versions of the ASCIA Action Plan for Allergic Reactions and ASCIA Action Small changes have been made to the plans including to the emergency. Use an anaphylaxis action plan to prepare for and treat allergy emergencies. Note: The ASCIA Action Plan for. Allergic Reactions is for people with mild to moderate allergies, who need to avoid certain allergens. For people with severe. Relieve symptoms from allergic reactions, hay fever, and asthma! Action Plan for Allergies was developed in conjunction with the American College of Sports. plan to be administered according to the plan. Signed: Date: Date of next review: Allergic Reactions. ACTION PLAN FOR. For insect allergy, flick out sting if. ASCIA Action Plans for Anaphylaxis and Allergy Since the severity of reactions is often unpredictable, it's essential you have an individualised Action Plan. Action Plans Visit ASCIA Anaphylaxis Resources for more than just Action Plans for ASCIA food allergy e-training for dietitians and other health professionals. For children with a known food allergy, the key to preventing a potentially serious reaction is avoiding exposure to the relevant allergen (the food that causes the. Has s/he ever had a severe allergic reaction or anaphylactic shock? Yes. No. Please tick the symptoms that your child has experienced: MILD. SEVERE. Allergy symptoms are manageable when you plan ahead and prepare for pollen and other allergens. Here are five tips from WebMD to help. If child has ANY of these severe symptoms after eating the food or having a sting, give epinephrine. Shortness of breath, wheezing, or coughing. Skin color is. Anaphylaxis Emergency Action Plan. Patient Name: Age: Allergies: ACT FAST! Emergency Action Steps - DO NOT HESITATE TO GIVE EPINEPHRINE! 1. BSACI's allergy action plans. Portrait of two diligent pupils drawing at lesson. You can access care plans from the BSACI's website on this link. Plan prepared by: Dr For insect allergy, flick out sting if visible. Do not ACTION. MILD TO MODERATE ALLERGIC REACTION. difficult/noisy breathing. If a food allergen has been ingested, but no symptoms: ? Epinephrine ? Antihistamine. ? Mouth. Itching, tingling, or swelling of lips, tongue, mouth. Allergy Action Plan. Must be accompanied by a Medication Authorization Form (OCC). CHILD'S NAME: Date of Birth: Place Child's. Picture

Here. These five sample action plan templates for schools give you guidance to managing anaphylaxis, asthma, diabetes, food allergies, and. **MONITORING:** Stay with the child. Tell rescue squad epinephrine was given. A second dose of epinephrine can be given a few minutes or more after the first if. This form is adapted from The Food Allergy Anaphylaxis Network, Food Allergy Action Plan by the Alaska Asthma Coalition. **ALLERGY/ANAPHYLAXIS ACTION** .A new two-page comprehensive action plan should be provided to all caregivers of children with severe allergies, says new AAP report.

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