

When Your Child Has Anaphylaxis

Below is helpful information for your family, caregivers, and teachers on how to treat and prevent anaphylaxis. Before you go home today, you should receive the following:

Checklist
<input type="checkbox"/> A prescription for epinephrine to use in case of an allergic reaction/anaphylaxis
<input type="checkbox"/> Information on how to fill this prescription in your area
<input type="checkbox"/> Bedside instruction from your nurse on the signs and symptoms of an allergic reaction and how to deliver epinephrine using one brand of auto-injector <ul style="list-style-type: none">○ You can go to this website to watch a video on how to use the specific auto-injector that your child is prescribed:<ul style="list-style-type: none">▪ https://www.foodallergy.org/life-with-food-allergies/epinephrine/epinephrine-options-and-training
<input type="checkbox"/> The following handouts: <ul style="list-style-type: none">○ Anaphylaxis Action Plan signed by your physician○ Tips for Avoiding your Allergens (if food-related)
<input type="checkbox"/> Plan to follow up with your primary doctor in 24-48 hours and referral to an allergy specialist (to see in 4-6 weeks)
<input type="checkbox"/> For more information, see the following websites: <ul style="list-style-type: none">○ American Academy of Allergy, Asthma & Immunology: www.aaaai.org○ Food Allergy Research and Education: www.foodallergy.org

Common Causes: Foods, Insect stings, Medication, Latex

If Your Child Has Symptoms of Anaphylaxis, Act Quickly! Use your child's epinephrine auto-injector (such as EpiPen, Adrenaclick, Auvi-Q) right away, and then call 911.

Keeping Your Child Safe in an Emergency

These precautions can help ensure your child's safety in an emergency:

- Inform key people about your child's allergy (any childcare provider: e.g. daycare, teacher, coach, babysitter, or friend's parent), the signs of an allergic reaction, and what to do if it occurs. Teach them how to use the epinephrine auto-injector.
- Provide a copy of your child's Anaphylaxis Action Plan to the caregivers listed above.
- Have at least two epinephrine auto-injectors on hand for you or your child to carry at all times. Keep one twin-pack at school or daycare. Check expiration dates regularly, and keep at room temperature.