



# School Emergency Health Care Plan

St. Michael's Country Day School 2014-2015

Student Name: \_\_\_\_\_ Condition: Severe Food Allergy to \_\_\_\_\_  
DOB: \_\_\_\_\_ Physician: \_\_\_\_\_

Parent Emergency Contact information: Name: \_\_\_\_\_ Preferred Telephone # \_\_\_\_\_  
Name: \_\_\_\_\_ Preferred Telephone # \_\_\_\_\_

History of Asthma: \* Yes or No \* Higher risk for severe reaction

Does your child need to sit at a peanut free table? \_\_\_\_\_ Yes \_\_\_\_\_ No

### Symptoms of a Severe Food Allergy:

- a. Chest tightness, cough, shortness of breath, wheezing.
- b. Tightness in throat, difficulty swallowing, hoarseness.
- c. Swelling of lips, tongue, and throat.
- d. Itching mouth, itchy skin.
- e. Hives or swelling.
- f. Dizziness or faintness.
- g. Abdominal pain.
- h. Nausea or vomiting.

### Food Allergy Emergency Action Plan:

If the Teacher suspects the student has been exposed to the above allergen, if the student is symptomatic (see above), and if directed by the School Nurse:

1. Teacher will radio School Nurse.
2. Call 911.
3. Nurse to assess student and administer the age appropriate dose of Benadryl as needed.
4. School Nurse or Teacher to administer the Epi-pen (if school nurse unavailable) as directed. (See below)
5. Parents are notified.
5. Tell EMS the time the Epi-pen was given.
6. If parent is not present, a school faculty member must accompany student in the ambulance.

\*Please Note: Teacher will administer epi-pen only if authorized by the School Nurse.

### Directions for use of Epi-Pen:

1. Pull gray cap off
2. Jab the black tip against the outer mid thigh. (Can administer through clothing)
3. Push hard until you hear a click sound.
4. Hold in place for 10 seconds, then remove
5. Do not return Epi-Pen to holder after use, give to EMS personnel or discard in sharps container.

I have received, reviewed, and understand the above information:

Parents/Guardian Signature \_\_\_\_\_

School Nurse Signature \_\_\_\_\_

School Teacher Signatures \_\_\_\_\_

Physician's signature: \_\_\_\_\_