

**HEAD START  
TEMPORARY INDIVIDUALIZED HEALTH CARE PLAN FOR ANAPHYLAXIS**

Child's Name \_\_\_\_\_ DOB \_\_\_\_\_

Diagnosis \_\_\_\_\_ Center \_\_\_\_\_ Teacher \_\_\_\_\_

**HEALTH CARE PLAN FOR CENTER/FCCH:**

Until a physician confirms the need for an Epi-pen and/or diphenhydramine, all consent forms signed, and medication is brought to the FCCH/Center, staff to follow the instructions below:

If symptoms of anaphylaxis present, call 911. **When in doubt, CALL 911.**

1. Stay calm and reassure child to reduce the distribution of allergen in the body.
2. Have another staff member notify parent that 911 has been activated.
3. Signs and symptoms of anaphylaxis :
  - Mouth: itching, tingling or swelling of lips, tongue, mouth that usually occurs in 5-10 minutes after exposure to an allergen.
  - Skin: Itching or burning, hives, rash, swelling of face or extremities, and/or flushing that can occur up to two hours after exposure.
  - Stomach: Nausea, abdominal cramps, vomiting, or diarrhea.
  - Throat: Tightening of throat, hoarseness, change in voice, hacking or repetitive cough.
  - Lungs: Shortness of breath, wheezing, chest pain/tightness, nasal flaring, or complaints of inability to "catch breath."
  - Heart: Weak or thready pulse, low blood pressure, paleness, bluish coloring
  - Other: weakness, dizziness, fainting, unconsciousness, localized or general body swelling, anxiety, red/itchy/watery eyes, sneezing, nasal congestion
4. While waiting for paramedics to arrive, stay with child and observe for signs of shock.
  - Verify that 911 has been called.
  - Cover child with blanket as needed to maintain body temp/prevent shock.
  - Monitor breathing and provide CPR if needed.
5. Send Emergency Card with paramedics if parent not present. Staff to accompany child to ER if paramedics allow and remain until parent arrives.

**I have read this plan and am in agreement:**

Health Staff (Signature) \_\_\_\_\_ (Date) \_\_\_\_\_

Parent/Guardian (Signature) \_\_\_\_\_ (Date) \_\_\_\_\_

Distribution: White – Teacher    Pink – Child's Health File    Yellow - Parent