

Child's Name
DOB:

(Insert Your Child's
Current Photo Here)

Allergic to: List all allergies (food and medications).
(This includes any food-related projects, some art supplies, sharing a common space where others eat but is not wiped down properly)

Signs of an allergic reaction: Hives, swelling, trouble breathing and anaphylaxis

Step 1: Always administer epinephrine (he self-carries) when suspected ingested allergen and/or if there is a severe reaction that is causing trouble breathing. Administer liquid antihistamine capsules when there is any sign of hives UNLESS it includes swelling of the mouth/throat/tongue and/or trouble breathing then immediately administer epinephrine and call 911.

Step 2: Call Mom's cell at (XXX) XXX-XXXX or Dad's cell at (XXX) XXX-XXXX.
Whichever one is reached will decide if what else should be done.

Step 3: Continue to monitor (child's name), even after the either medication is given. If the reaction is severe, it may get worse, even with use of epinephrine .

**If 911 has been called, try to contact either of us immediately to advise us as to where to meet (child's name). If they take him to the hospital, someone must accompany him to make sure the hospital knows of all of his food allergies so they do not make it worse.