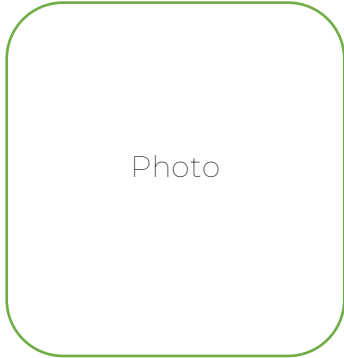


Anaphylaxis Emergency Plan

<i>Child's Name:</i>	_____
<i>DOB:</i>	_____



<i>Food(s), Insect stings or Other:</i>	_____
<i>Epinephrine Auto-Injector:</i>	<p style="text-align: right;"><i>Expiry Date:</i> _____</p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>EpiPen Jr 0.15 mg</i> <input type="checkbox"/> <i>EpiPen 0.3 mg</i> <input type="checkbox"/> <i>ALLERJECT 0.15 MG</i> <input type="checkbox"/> <i>ALLERJECT 0.3 MG</i> <input type="checkbox"/> <i>Emerade 0.3 mg</i> <input type="checkbox"/> <i>Emerade 0.5 mg</i> <input type="checkbox"/> _____
<i>Location of Auto-Injector(s):</i>	_____

Anaphylaxis Signs:

- swelling of your throat and tongue
- difficulty breathing or breathing very fast
- difficulty swallowing, tightness in your throat or a hoarse voice
- wheezing, coughing or noisy breathing
- feeling tired or confused
- feeling faint, dizzy or fainting
- skin that feels cold to the touch
- blue, grey or pale skin, lips or tongue – if you have brown or black skin, this may be easier to see on the palms of your hands or soles of your feet
- You may also have a rash that's swollen, raised or itchy.

What to do if you have Anaphylaxis:

Follow these steps if you think you or someone, you're with is having an anaphylactic reaction:

1. Use an adrenaline auto-injector (such as an EpiPen) if you have one – instructions are included on the side of the injector.
2. Call 9-1-1 for an ambulance and say that you think you're having an anaphylactic reaction.
3. Lie down – you can raise your legs, and if you're struggling to breathe, raise your shoulders or sit up slowly (if you're pregnant, lie on your left side). If you have been stung by an insect, try to remove the sting if it's still in the skin.
4. If your symptoms have not improved after 5 minutes, use a 2nd adrenaline auto-injector. Do not stand or walk at any time, even if you feel better.
5. Go to the nearest Hospital (ideally by ambulance).
6. Call Emergency Contact Numbers (Parents, Guardians, Etc.)

Emergency Contact Numbers:

Name:	Relationships:	Home Number:	Cell Number:	Work Number:

How to use EpiPen® and EpiPen Jr® Auto-Injectors

Remove the EpiPen® Auto-Injector from the carrier tube and follow these 2 simple steps:



- Grasp with orange tip pointing downward
- Remove blue safety cap by pulling straight up – do not bend or twist



- Place the orange tip against the middle of the outer thigh
- Swing and push the auto-injector firmly into the thigh until it “clicks”
- Hold in place for 3 full seconds

After using EpiPen®, you must seek immediate medical attention or go to the emergency room. For the next 48 hours, you must stay close to a healthcare facility or be able to call 911.



Scan the code to access the EpiPen® Video Gallery, including a video on how to use EpiPen®



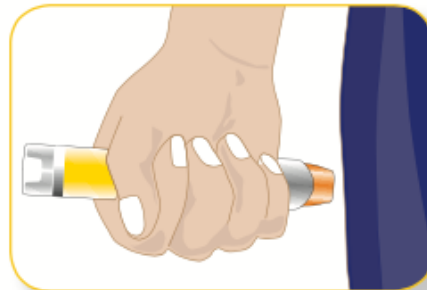
1

Form fist around **EpiPen®** and **PULL OFF BLUE SAFETY CAP.**



2

POSITION ORANGE END about 10cm away from outer mid-thigh*.
* Either clothed, or unclothed, avoiding seams and pocket areas.



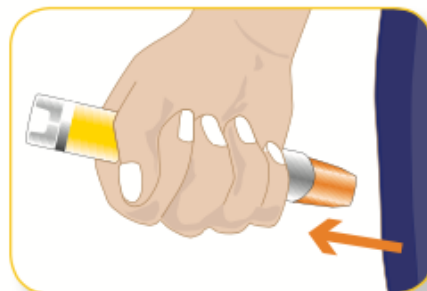
3

SWING AND JAB ORANGE TIP into thigh at 90° angle and hold in place for 10 seconds.



4

REMOVE EpiPen®
Massage injection site for 10 seconds*.
*After use the orange needle cover automatically extends to cover the injection needle.





Fern Flower - Nature School
Location: 3827 Charlton Dr, Qualicum Beach, BC V9K1Z3
Phone Number: 250-299-2054
E-mail: fernflowernature-school@gmail.com

<i>Parent:</i>	_____	<i>Signature:</i>	_____
<i>Owner/Manager of FFNS:</i>	_____	<i>Signature:</i>	_____
<i>Date:</i>	_____		