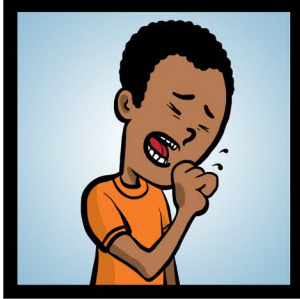


CANADIAN ANAPHYLAXIS ACTION PLAN FOR KIDS

These are the signs and symptoms of an allergic reaction to: _____ (allergen)



Skin: Widespread hives, swelling, itching, warmth, redness



Breathing: Coughing, wheezing, shortness of breath, chest pain/tightness, throat tightness, hoarse voice, trouble swallowing

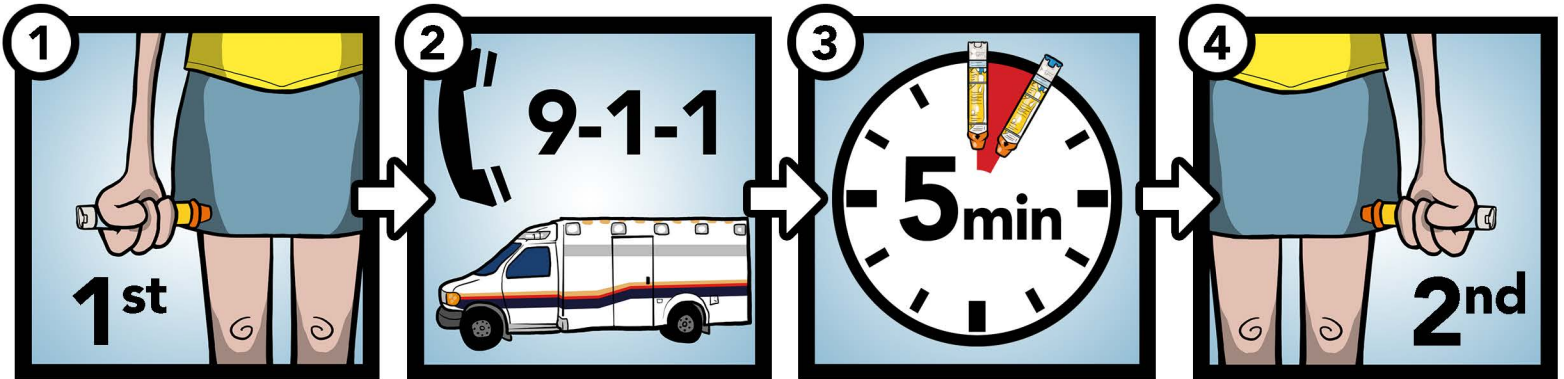


Heart: Pale or blue colour, weak pulse, dizzy or lightheaded



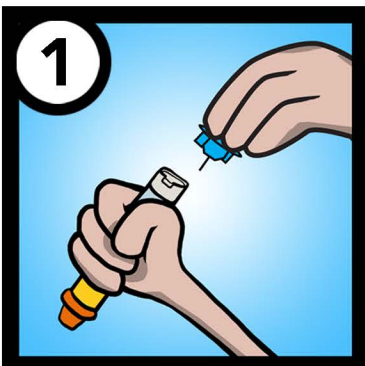
Stomach: Nausea, pain, cramps, vomiting

If you develop any symptoms:



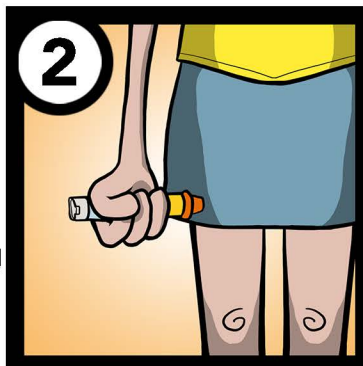
- Give epinephrine at the **first sign** of an anaphylactic reaction.
- Call 9-1-1 or local emergency medical services. Tell them the child is having a severe allergic reaction.
- If the reaction continues or worsens, give a second dose of epinephrine in 5 to 10 minutes.
- Keep the child in a lying position unless the child is vomiting or short of breath.

How to use Auto-Injectors:



Blue to the Sky

- Hold firmly with orange tip pointing downward.
- **Remove blue safety cap by pulling straight up. Do not bend or twist.**



Orange to the Thigh

- **Push the orange tip firmly into mid-outer thigh until you hear a "click."**
- Hold on thigh for three seconds.

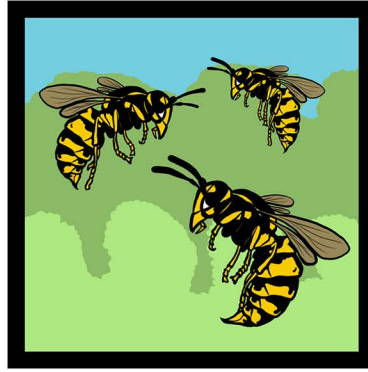
Note: If injecting in a young child, hold the child's leg and keep the leg steady while you inject

Avoiding Allergens:



Food:

- Read food labels
- Avoid foods you're allergic to
- Bring your own food to school
- Don't share food, plates, utensils or placemats



Insects:

- Wear long sleeves & pants
- Wear closed toe shoes
- Avoid drinking from straws, cans, or bottles outdoors
- Tie back long hair
- Stay away from garbage cans



Medication:

Tell your doctor, pharmacist, dentist and nurse about any medication allergies.

Preventing and Controlling Anaphylaxis

1. Avoid relevant allergens.
2. Know how and when to use your auto-injector.
3. Make sure the auto-injector is **always** close at hand.
4. Make sure your auto-injector is not expired. Do not store in very hot or very cold place.
5. If you are a long distance from a hospital, have a backup auto-injector.
6. Wear a medical identification bracelet that lists what you are allergic to.
7. For more information, and support in managing food allergy, visit Food Allergy Canada at foodallergycanada.ca. Food Allergy Canada educates, supports, and advocates for the needs of people living with food allergy.

Note: Children with uncontrolled asthma are at higher risk for severe anaphylaxis.

This action plan was created by Dr. Waleed Alqurashi of the Children's Hospital of Eastern Ontario and is part of an Anaphylaxis Pediatric Package (PedsPac) – a bundle of practical tools for emergency healthcare professionals, created by the Translating Emergency Knowledge for Kids (TREKK) network. Visit trekk.ca to find all the available tools.

© SEPTEMBER 2018; FOR REVISION 2023.