

Asthma/Allergy Action Plan For Sitters and Caregivers



Asthma and Allergy
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TEXAS CHAPTER

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Instructions and Emergency Plan

My child's asthma/allergy triggers: Avoid these, follow medication plan, call 911 in emergency

Allergens

- Pollens
- Feathers or Down
- Cats/Dogs
- Feathered pets
- Farm Animals
- Rabbits/hamsters+
- House dust/dust mites
- Molds
- Roaches
- Kapok stuffing

Irritants

- Tobacco smoke
- Air pollution, smog
- Hot, cold weather
- Damp weather, wind,
- Change in weather
- Cleaning products
- Fertilizers, paints, chemicals
- Perfumes
- Aerosols
- Air fresheners

Emotions/Exercise

- Fear or worry
- Anger
- Excitement
- Crying
- Laughing
- Other emotions
- Hard play

Medication Allergies

Food Allergies

Contact/Insect Allergies

Asthma or Allergy Medications taken on a regular basis:

Name	Dosage	When to take – frequency	Possible side-effects
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

My Child has food or contact allergies that could require use of an Epinephrine auto-injector

The auto-injector is located _____

I have demonstrated how to use this device in an emergency: _____yes _____no

I give permission to administer epinephrine in an emergency: signature of parent: _____

Emergency Contacts:

Physician's Name: _____ Physician's Phone: _____

Hospital Preference: _____ Hospital Address: _____

Ambulance Preference Phone: _____

Health Insurance: _____ Policy Number: _____

Parent's Contact Information:

Mother's Cell Phone: _____ Father's Cell Phone: _____

Mother's Work: _____ Father's Work: _____

Nearest Relative: _____ relation: _____ phone: _____

Neighbor: _____ phone: _____ address: _____

What Are the Symptoms of Asthma?

- Cough
- Shortness of breath
- Wheezing
- Chest Tightness

Not all people with asthma wheeze. For some, coughing may be the only symptom of asthma. Coughing often occurs during the night or after exercise. Each child's symptoms vary. Acute symptoms mean immediate action is required on your part to prevent a serious or life-threatening flare-up from starting.

Acute Symptoms Requiring Immediate Action:

- Coughing or wheezing
- Difficulty breathing
- Reported chest tightness or pressure – child asks for help
- Don't wait - Call 911 if you see any of these symptoms then follow emergency steps:
 - Child is hunching over, with shoulders lifted, trying to breathe
 - Child can't complete a sentence without straining for breathe
 - Child's lips or fingernails turn blue

EMERGENCY PROCEDURES FOR AN ASTHMA EPISODE (FLARE-UP OR ATTACK):

- Help the child take their rescue or relief medication as indicated. If there is no medication, call 911
- Stop activity, help the child to rest and relax. Remain calm to calm the child.
- Tell an adult. After 15 minutes, if the child's breathing isn't better after taking the medicine, or sooner if breathing worsens, then call the parents or 911 as directed earlier by the parents. If you can't reach the parents, call 911 immediately.
- If there are other children in your care, call an adult and ask them to stay with those children.
- If the child needs to go to the ER, someone they know should go with them & bring the emergency contact list

Anaphylaxis (anna-phil-axis) or anaphylactic shock **is an allergic reaction to foods, medications, insect venom or latex that can be fatal within minutes**, either through swelling that shuts off airways or through a severe drop in blood pressure. Anaphylaxis can be mild, only involving the skin, or it can be severe with shortness of breath and/or unconsciousness and death.

Symptoms of Anaphylaxis: Please note, not all symptoms may be present

- Hives
- Swelling of the throat, lips, tongue or skin around the eyes
- Difficulty in breathing or swallowing

Other, more severe symptoms include:

- itching of the lips, tongue and palate
- swelling of the lips, tongue and throat
- swelling of the eyelids, with itchy watery eyes
- generalized itching and hives
- an increased heart rate
- cramps, nausea, vomiting and diarrhea
- difficult breathing because the throat is swelling
- a feeling of doom; collapse, loss of consciousness, weakness, faintness caused by a drop in blood pressure, and even death if untreated

These initial reactions are quick to develop, usually within 3 to 30 minutes after contact with the allergen

EMERGENCY PROCEDURES FOR CHILDREN WITH ANAPHYLAXIS

1. Remain Calm. Administer Epinephrine as instructed by parents. Ask the child to lie down and be as comfortable as possible, cover with a throw if possible. Stay near the child. Dial 911 & ask for an advanced life support ambulance.
2. Identify yourself. I am _____, a baby sitter for (name of child who is xx years (months) old) located at (address of home) zip code _____. This child is having an anaphylactic reaction to (allergen). I have given an Epinephrine shot.
4. If using a cell phone, be certain to provide house address along with parent contact info. Unlock the door.
5. When EMS arrives, or if dispatcher stays on line, ask that child be taken to hospital of choice indicated by the parent. Ideally, someone the child knows should accompany them to the hospital.
6. Call the child's parents using contact information on your action plan. Call the emergency contacts if parent is unavailable. **Do not leave any other children unattended. Call for help and wait for another adult.**