

Hello, my name is

I am very allergic to

So I don't get sick, I am not allowed to share food at snack time or eat unmarked baked goods, bulk foods, or other products which are labeled with a warning..

Paste picture here.

Thanks for helping me stay safe!

PERSONAL INFORMATION

Address: _____ Date of Birth: _____
City: _____ MedicAlert #: _____
Telephone: (_____) _____ - _____ Health Card #: _____

CONTACT NUMBERS

Name	Relationship	Home	Work	Cell
	Mother Father Babysitter Neighbour Allergist			

EMERGENCY PROCEDURE

Location of Epi-Pen(s):

Respond **immediately** if child displays any of the symptoms below. If in doubt, give the Epi-Pen. It's the only immediate remedy then seek medical attention.

1. Pull off gray safety cap.
2. Grip with a tight fist and jab black tip into outer thigh, keeping the Epi-Pen pressed against the thigh. **Do not place thumb at end of Epi-Pen.** (Can deactivate the Epi-Pen.)
1. Hold for a count of 10. (Used Epi-Pens need to be discarded in a needle proof container to minimize any chance of injury.)
3. Give antihistamine (Benadryl as per directions). Keep child calm.
4. Medical Attention:
 - a. Preference: **Call 911 for ambulance.** Explain severity of allergy. Contact parents.
 - b. Second Choice: Take child to nearest Emergency Room. Take extra Epi-Pens. Contact parents.
 - c. Stay at hospital for 4 to 6 hours for monitoring. Severity of symptoms can change quickly.

SYMPTOMS

Mouth	Tingling sensation, itchiness, swelling of tongue and lips.
Skin	Itchiness, redness, hives, swelling of skin – face or body.
Throat	Itchiness, tightness, hoarseness, hacking cough.
Lungs	Difficulty breathing, shortness of breath, repetitive coughing, wheezing.
Gut	Vomiting, nausea, stomach pain, diarrhea.
Heart	Dizziness, unsteadiness, drowsiness, sense of impending doom.