

Student Asthma/Allergy Action Plan

(This Page To Be Completed By Parent/Guardian)

Student Name: _____ Age: _____ Grade: _____

School: _____ Homeroom Teacher: _____

Parent/Guardian: _____ Phone() _____ () _____

Parent//Guardian: _____ Phone() _____ () _____

Emergency Contact: _____ Phone() _____ () _____

Known Asthma Triggers: Please check the boxes to identify what can cause an asthma episode for your student.

- | | | | |
|---|---|---|--|
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Respiratory/viral infections | <input type="checkbox"/> Odors/fumes/smoke | <input type="checkbox"/> Mold/mildew |
| <input type="checkbox"/> Pollens | <input type="checkbox"/> Animals/dander | <input type="checkbox"/> Dust/dust mites | <input type="checkbox"/> Grasses/trees |
| <input type="checkbox"/> Temperature/weather—humidity, cold air, etc. | <input type="checkbox"/> Pesticides | <input type="checkbox"/> Food—please list below | |
| <input type="checkbox"/> Other—please list: _____ | | | |

Known Allergy/Intolerance: Please check those which apply and describe what happens when your child eats or comes into contact with the allergen..

- | | | |
|----------------|--------------------------|-------|
| Peanuts | <input type="checkbox"/> | _____ |
| Tree Nuts | <input type="checkbox"/> | _____ |
| Fish/shellfish | <input type="checkbox"/> | _____ |
| Eggs | <input type="checkbox"/> | _____ |
| Soy | <input type="checkbox"/> | _____ |
| Wheat | <input type="checkbox"/> | _____ |
| Milk | <input type="checkbox"/> | _____ |
| Medication | <input type="checkbox"/> | _____ |
| Latex | <input type="checkbox"/> | _____ |
| Insect stings | <input type="checkbox"/> | _____ |
| Other | <input type="checkbox"/> | _____ |

Notice: If your child has been prescribed epinephrine (such as an EpiPen®) for an allergy, you must provide epinephrine at school. If your student needs a special diet to limit or avoid foods, your doctor will need to complete the form "Medical Statement Form to Request Special Meals and/or Accommodations" which can be found on the website—www.airenebraska.org

Daily Medicines: Please list daily medicines used at home and/or to be given at school.

Medicine Name	Amount/Dose	When does it need to given

I understand that all medicines to be given at school must be provided by the parent/guardian.

Parent signature: _____ Date: _____

Reviewed by school nurse/nurse designee: _____ Date: _____

Student Asthma/Allergy Action Plan

(This Page To Be Completed By Health Care Provider)

Student Name: _____ Date Of Birth: _____ / _____ / _____
(MONTH) (DAY) (YEAR)

Exercise Pre-Treatment: Administer inhaler (2 inhalations) 15-30 minutes prior to exercise. (e.g., PE, recess, etc).

- | | |
|--|--|
| <input type="checkbox"/> Albuterol HFA inhaler (Proventil, Ventolin, ProAir) | <input type="checkbox"/> Use inhaler with valved holding chamber |
| <input type="checkbox"/> Levalbuterol (Xopenex HFA) | |
| <input type="checkbox"/> Pirbuterol inhaler (Maxair) | <input type="checkbox"/> Other: _____ |

Asthma Treatment

Give quick relief medication when student has asthma symptoms, such as coughing, wheezing or tight chest.

- Albuterol HFA (Proventil, Ventolin, ProAir) 2 inhalations
- Levalbuterol (Xopenex HFA) 2 inhalations
- Pirbuterol (Maxair) 2 inhalations
- Use inhaler with valved holding chamber
- Albuterol inhaled by nebulizer (Proventil, Ventolin, AccuNeb)
 - .63 mg/3 mL 1.25 mg/3 mL 2.5 mg/3 mL
- Levalbuterol inhaled by nebulizer (Xopenex)
 - 0.31 mg/3 mL 0.63 mg/3 mL 1.25 mg/3 mL
- May carry & self-administer inhaler (MDI)
- Other: _____

Closely Watch the Student after Giving Quick Relief Medication

If, after 10 minutes:

- Symptoms are better, student may return to classroom after notifying parent/guardian
- Symptoms are not better, give the treatment again and notify parent/guardian right away
- If student continues to get worse, CALL 911 and use the Nebraska Schools' Emergency Response to Life-Threatening Asthma or Systemic Allergic Reactions (Anaphylaxis) Protocol

Anaphylaxis Treatment

Give epinephrine when student has allergy symptoms, such as hives, hard to breathe (chest or neck "sucking in"), lips or fingernails turning blue, or trouble talking (shortness of breath).

- | | |
|--|---|
| <input type="checkbox"/> EpiPen® 0.3 mg | <input type="checkbox"/> EpiPen® Jr. 0.15 mg |
| <input type="checkbox"/> Auvi-Q™ 0.3 mg | <input type="checkbox"/> Auvi-Q™ 0.15 mg |
| <input type="checkbox"/> AdrenaClick® 0.3 mg | <input type="checkbox"/> AdrenaClick® 0.15 mg |
| <input type="checkbox"/> May carry & self-administer epinephrine auto-injector | |
| <input type="checkbox"/> Use epinephrine auto-injector immediately upon exposure to known allergen | |

If symptoms do not improve or they return, epinephrine can be repeated after 5 minutes or more
Lay person flat on back and raise legs. If vomiting or difficulty breathing, let them lie on their side.

CALL 911 After Giving Epinephrine & Closely Watch the Student

- Notify parent/guardian immediately
- Even if student gets better, the student should be watched for more symptoms of anaphylaxis in an emergency room
- If student does not get better or continues to get worse, use the Nebraska Schools' Emergency Response to Life-Threatening Asthma or Systemic Allergic Reactions (Anaphylaxis) Protocol

This student has a medical history of asthma and/or anaphylaxis and the use of the above-listed medication(s) has been reviewed by the HCP. If medications are self-administered, the school staff must be notified.

Additional information: (i.e. asthma triggers, allergens) _____

Health Care Provider name: (please print) _____ Phone: _____

Health Care Provider signature: _____ Date: _____

Parent signature: _____ Date: _____

Reviewed by school nurse/nurse designee: _____ Date: _____