# Example Emergency Health Plan (EHP)

<table>
<thead>
<tr>
<th>Student</th>
<th>Birthdate</th>
<th>Weight</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent(s):</td>
<td>Home phone:</td>
<td>Emergency phone numbers:</td>
<td></td>
</tr>
<tr>
<td>Work phone numbers:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health Care Provider:</td>
<td>Phone number:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Preferred Hospital:</td>
<td>Phone number:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Preferred Ambulance:</td>
<td>Phone number:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health insurance:</td>
<td>Allergies:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Usual Medications** (dosage, time, route):

**Condition:** Severe life-threatening allergic reaction to peanuts and peanut products

**Triggered by:** Eating or contact with peanut products

**Signs of emergency:**
- Exposure to peanuts—proceed to actions 1, 2, & 3 below immediately
- Tightness of throat and/or chest, difficulty breathing or talking
- Generalized itching, rash, or hives
- Swelling or eyes, lips, tongue, throat or neck
- Blue or gray discoloration of lips or fingernails
- Vomiting, stomach cramps or diarrhea
- Seizures or loss of consciousness
- Other

**Actions for school staff to take:**

1. **Administer Medication**
   - Name: EpiPen Jr
   - Route: Intramuscular injection
   - Dose: 0.15 mg
   - Frequency: Immediately
   - Location: Backpack & office medication cabinet

2. **Request another adult phone 911 (ambulance) and inform of exposure and symptoms**

3. **Request another adult notify the school nurse, office, parents, physician**
   - Remain calm and stay with student
   - Monitor and maintain: A (airway) B (breathing) C (cardiac function)
   - Provide CPR by a trained person as needed
   - Send student health record with ambulance including:
     - Allergen, signs and symptoms of distress, emergency measures instituted, response to emergency measures, time of all activities, including Epi Pen administration, signature of provider and phone number
   - Accompany student to hospital if parents unavailable

4. **If student is still at school in 15-20 minutes, repeat Epi Pen**

5. **Monitor blood pressure. Elevate legs if blood pressure is low**

6. **Cover with blankets if necessary to keep warm; don’t allow blankets to interfere with handling or observation**
   - Other

**Directions for use of EpiPen**

1. Pull off gray cap
2. Place black tip against upper outer thigh at right angle to leg
3. Press hard into outer thigh, until EpiPen clicks
4. Hold in place several seconds, then remove, massage injection area for 10 seconds
5. Discard in impermeable container per school policy, do not return to holder

**Special Instructions (for health care provider to complete):**

<table>
<thead>
<tr>
<th>Physician’s Signature:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent Signature:</td>
<td>Date:</td>
</tr>
<tr>
<td>Emergency Provider(s) Notification:</td>
<td>Date:</td>
</tr>
</tbody>
</table>