



Tips for a Healthy Family

Allergy and Anaphylaxis Emergency Plan

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Allergies are common and unpredictable. Severe allergies can be scary and can happen anywhere and anytime. Children can have allergies to food, insect stings, their environment, medications, and even latex to name a few. Children with severe allergies should have an allergy and anaphylaxis emergency plan. Working with your doctor to develop the plan will ensure it is based on the most up-to-date and appropriate treatment of anaphylaxis. Print out the [allergy and anaphylaxis emergency plan](#) and take it with you to your doctor.

The plan should include simple criteria to identify potential allergic emergencies. It can be shared with family, school staff and caregivers. It should be understandable by anyone caring for your child. Make sure to have a copy readily available at home and give a copy to schools and child care providers.

If an allergy emergency happens, Epinephrine is your first line of treatment. Epinephrine acts where it is needed. It is fast acting, safe medication and is available by prescription. Delaying the use of it and relying only on antihistamines is a dangerous idea and can increase the risk of death.



For more information, check out our website at <http://www.uwyo.edu/wind/f2f> or follow us on Twitter [@WYF2F](https://twitter.com/WYF2F).

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