

Emergency care protocol in the event of food allergies or insect sting allergies

Last Name :

First Name

Birth date

weight

Allergies to: (to be left at school)

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-
-
-
-

Composition of the emergency kit

➤ Antihistaminic:

➤ Oral corticoid:

➤ Bronchodilator:

➤ **Adrenalin:**

To be filled out by the prescribing allergist

Immediately on the first symptoms after food intake, or insect sting

Lay down the patient with lifted legs

Or lateral security position in case of vomiting

call emergency (112) and do :

Call parents

Situations	Symptoms	What to do
If asthma attack	- respiratory difficulties and/or - suffocation and/or - difficulties to speak and /or - wheezing and or - cough	- inject Adrenalin on the anterior part of the thigh (leave in contact 10 seconds) -2 puffs of -repeat if necessary
If fainting/ Weakness Or 2 generalized symptoms	Weakness with - itching and/or - respiratory difficulties and/or - abdominal pain and/or - nausea , vomiting	- inject Adrenalin on the anterior part of the thigh (leave in contact 10 seconds)
Oedema/Swelling	- swelling of the tongue - horseness and/or suffocation ----- - oedema	- inject Adrenalin on the anterior part of the thigh (leave in contact 10 seconds) ----- - take tablet of and tablets of
urticaria	- wheals and hives	- take tablet of and tablets of

Parents should frequently check on the expiry date and replace expired drugs

Date :

Signature of the allergist