



## Allergy Management Plan

### Allergen Avoidance

*Write down allergy, avoidance strategy, and alternative foods/suggestions here.*

Educate the patient:

- Strict avoidance of all shellfish and shellfish-derived products is imperative to prevent accidental exposure. This includes not only whole shrimp but also any dishes, sauces, or condiments containing shellfish extracts or flavorings.
- Eat chicken, turkey, beef, and plant-based options like tofu or legumes instead.
- Make sure to inform server and/or kitchen when eating out. Avoid dishes made with utensils that were also used to prepare shellfish.
- Read labels when available.

### Emergency Action Plan

*Write down what to do when there are signs of allergic reaction here.*

1. Administer Epinephrine: If the patient exhibits any signs of an allergic reaction, administer epinephrine immediately using an auto-injector (e.g., EpiPen) into the outer thigh. Follow the instructions on the device.
2. Call 911: Dial 911 or activate the emergency response system without delay to request immediate medical assistance.
3. Keep Patient Calm and Monitor: While waiting for emergency responders, help the patient remain calm and seated. Monitor their vital signs and be prepared to perform CPR if necessary.
4. Provide Support: Offer reassurance and emotional support to the patient and any accompanying individuals. Do not allow the patient to eat or drink anything until they receive medical evaluation and clearance.

### Prescribed Medications

*Write down the prescribed medication, dosage, and administration instructions here.*

1. Medication: Epinephrine Auto-Injector (EpiPen)
  - Dosage: 0.3 mg
  - Administration Instructions:
    1. In case of a severe allergic reaction (anaphylaxis) characterized by difficulty breathing, swelling, hives, or vomiting after exposure to shellfish (shrimp), use your EpiPen immediately.
    2. Remove the safety cap.
    3. Hold the EpiPen with the orange tip facing downward.
    4. Firmly jab the orange tip into the outer thigh, through clothing if necessary. It's okay if it makes a "click" sound – that means it worked.
    5. Hold it in place for a few seconds before removing.
    6. Seek emergency medical assistance even after using the EpiPen, as its effects are temporary.
    7. Remember to replace your EpiPen before its expiration date and carry it with you at all times.

**Additional notes:**