

# ANAPHYLAXIS ACTION PLAN

Name \_\_\_\_\_ Date \_\_\_\_\_ Triggers to Avoid \_\_\_\_\_

Become familiar with your Anaphylaxis Action Plan before a crisis arises. Ask questions of your Allergist now. I highly recommended that you have—at minimum—an annual in-office review with your Allergist to review your Anaphylaxis Action Plan and practice using your epinephrine auto-injector. Your Allergist will adjust your Anaphylaxis Action Plan periodically based on your symptoms.

## Green Zone - GO

### Green Zone Symptoms

You are completely well and not experiencing any symptoms.

Taking Green Zone medications on a regular basis is only necessary when the causes and triggers of anaphylaxis are unknown or your symptoms are unpredictable.

### Green Zone medications and instructions

1. Take your non-sedating anti-H1 histamine daily.
2. Take your anti-H2 histamine daily.
3. Take your sedating antihistamine as needed at night.
4. Take your anti-leukotriene by mouth at bedtime.
5. Carry your epinephrine pen with you everywhere. Always keep it with you, know how to use it, and know when it expires.

## Yellow Zone - CAUTION

### Yellow Zone Symptoms

You are starting to experience symptoms: minor hives, lip swelling, flushing without dizziness, itching but NO chest pain, shortness of breath, swelling of the throat, or tongue or airway compromise.

### Yellow Zone medications and instructions

1. Take all of your regular medication as usual.
2. Take an extra dose of your non-sedating anti-H1 histamine and anti-H2 histamine daily.
3. Take a steroid as directed by your Allergist-Immunologist.
4. If you are asthmatic and/or wheeze, use rescue inhaler.
5. Carry your epinephrine pen with you everywhere. Always keep it with you, know how to use it, and know when it expires.

### Get ready for a possible increase in anaphylactic symptoms

1. Find your epinephrine auto-injector and have it ready in case you need it.
2. If you are away from help (hiking, on a mountain, in a remote area), stay calm but call for help immediately.
3. If you are in a remote location and any symptoms begin to escalate, consider using your epinephrine pen immediately and move towards help.

## Red Zone - STOP

### Red Zone Symptoms

You are now experiencing airway compromise (swelling of the throat or tongue), dizziness (which can be a sign of low blood pressure), hives all over your body, chest pain, shortness of breath, wheezing, and/or a feeling of impending doom.

### Red Zone medications and instructions

1. Find your epinephrine pen if you don't already have it.
2. Use your epinephrine pen immediately. It should have an effect within 15 seconds to 2 minutes. If it does not take effect, your symptoms worsen, or you begin to lose consciousness, use your second epinephrine pen. If you are asthmatic, use your rescue inhaler.
3. While you are treating yourself, CALL 9-1-1.
4. If you can swallow without choking, take an extra dose of your non-sedating anti-H1 histamine and anti-H2 histamine and a steroid, if you have one. If you cannot swallow, do not try to take your medication until your throat symptoms relieve with epinephrine.