

In case of Emergency

I need help immediately! My name is _____ and I have food allergies. I have had a bad reaction, anaphylactic shock. I need an ambulance immediately. Please communicate that I am a child in anaphylactic shock.

I might need another injection of epinephrine “epi-pen” for adults (A SINGLE DOSE OF .3 MG EPINEPHRINE INJECTION, USP, 1:1000 (0.3 ML) IN A STERILE SOLUTION) [PLEASE NOTE: IF YOUR CHILD USES AN EPIPEN JUNIOR, THIS PARAGRAPH WILL BE DIFFERENT. PLEASE ALSO NOTE: THE REASON I SAID “ANOTHER” EPI-PEN IS BECAUSE I ASSUMED IF I WAS AT THE POINT OF HANDING THIS LETTER TO SOMEONE, I WOULD HAVE ALREADY ADMINISTERED AN EPIPEN AND ANTIHISTAMINES. YOU MAY WANT TO CONSIDER SAYING “AN EPIPEN AND ANTIHISTAMINES” INSTEAD IF YOU THINK YOU WOULD GIVE THIS LETTER WITHOUT ADMINISTERING MEDS FIRST. SOMEONE ALSO SUGGESTED THAT I SPELL OUT WHAT AN EPIPEN IS SO I DID THAT AT THE LAST MINUTE WHICH IS WHY IT IS NOT TRANSLATED INTO SPANISH] in the muscle that is on the outer part of the thigh. [I THOUGHT THIS WAS AN IMPORTANT POINT AS I FEARED SOME WOULD NOT KNOW THAT A SHOT OF EPINEPHRINE MUST BE GIVEN INTRAMUSCULARLY]. I also need steroids.

I need to be observed for four to six hours in a hospital because sometimes I have a worse biphasic reaction later.

Please contact my parents _____ (___-___-___) and _____ (___-___-___).

Thank you for your help.