

## Colorado Allergy and Anaphylaxis Emergency Care Plan and Medication Orders

School year 20\_\_\_\_ - 20 \_\_\_\_ C.R.S. 22-1-119.5 A treatment plan shall be effective only for the school year in which it is approved.

|                                                                                                                                   |                                  |
|-----------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| Student's name: _____ D.O.B.: _____ Grade: _____<br>School: _____ Teacher/Classroom: _____<br>Allergy to: _____<br>History: _____ | Place<br>student's<br>photo here |
|-----------------------------------------------------------------------------------------------------------------------------------|----------------------------------|

**To be completed by healthcare provider:**

Emergency-use epinephrine: ☐ 0.1 mg auto-injector ☐ 0.15 mg auto-injector ☐ 0.3 mg auto-injector  
☐ 1 mg nasal spray ☐ 2 mg nasal spray

☐ If symptoms worsen or do not improve in 5 minutes, or if symptoms return, give 2nd dose of epinephrine, if available.

Antihistamine (if prescribed) medication, dose, route, frequency: \_\_\_\_\_

Asthma? ☐ No ☐ Yes - If yes, be aware of higher risk for severe reaction.

Self-administer? ☐ No ☐ Yes - If yes, student has been instructed and is capable of carrying and self-administering own emergency-use epinephrine medication. Note: A trained staff member must be available to administer in the event the student is unable to self-administer for any reason.

| If you see this:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Do this:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Green zone: normal activities - no symptoms                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <ul style="list-style-type: none"> <li>Student may participate in all normal activities.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <ol style="list-style-type: none"> <li>Continue to avoid known allergens.</li> <li>Ensure emergency medications are readily available.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Yellow zone: mild symptoms                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Affecting <b>one</b> body system only: <ul style="list-style-type: none"> <li><b>Nose:</b> Itchy, runny nose, sneezing</li> <li><b>Skin:</b> A few hives, mild itch</li> <li><b>Gut:</b> Mild nausea/discomfort</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                           | <ol style="list-style-type: none"> <li>Stay with student.</li> <li>Give antihistamine (if prescribed above).</li> <li>Alert parent/guardian and school nurse.</li> <li><b>⚠ If symptoms spread to a second body system, immediately move to red zone.</b></li> <li>Continue to monitor closely.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Red zone: severe symptoms                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Two or more body systems with mild symptoms or any severe symptoms in <b>one</b> or more body systems: <ul style="list-style-type: none"> <li><b>Lung:</b> Short of breath, wheezing, repetitive cough</li> <li><b>Throat:</b> Tight, hoarse, trouble breathing/swallowing</li> <li><b>Mouth:</b> Swelling of the tongue and/or lips</li> <li><b>Heart:</b> Pale, blue, faint, weak pulse, dizzy</li> <li><b>Skin:</b> Many hives over body, widespread</li> <li><b>Gut:</b> Vomiting or diarrhea (if combined with other symptoms)</li> <li><b>Other:</b> Feeling something bad is about to happen, confusion, agitation</li> </ul> | <ol style="list-style-type: none"> <li><b>Give epinephrine immediately!</b></li> <li><b>Call 911!</b> <ul style="list-style-type: none"> <li>Tell 911 dispatch that epinephrine was given.</li> <li>Tell EMS what time epinephrine was given.</li> </ul> </li> <li>Stay with student and:               <ul style="list-style-type: none"> <li>Monitor student, keeping them lying on their back; if vomiting or difficulty breathing, put student on their side.</li> <li>Call parent/guardian and school nurse.</li> </ul> </li> <li>Give 2<sup>nd</sup> dose if symptoms worsen or do not improve, or if symptoms return, as ordered above (if available).</li> <li>Give other prescribed medications after administering epinephrine (if available).</li> </ol> <p><b>⚠ Important: Do not hesitate to administer epinephrine.</b><br/>           Key principle: If allergic reaction affects two body systems, give epinephrine as a first-line treatment.</p> |

Healthcare provider name (print): \_\_\_\_\_ Phone number: \_\_\_\_\_

Provider signature: \_\_\_\_\_ Date: \_\_\_\_\_

I give permission for school personnel to share this information, follow this plan, administer medication and care for my child and, if necessary, contact our health care provider. I assume full responsibility for providing the school with prescribed medication and delivery/monitoring devices and release the school and personnel from any liability in compliance with their Board of Education policies.

Parent/guardian name (print): \_\_\_\_\_ Phone number: \_\_\_\_\_

Parent's/guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

School nurse signature: \_\_\_\_\_ Date: \_\_\_\_\_

For the school nurse: Self-carry contract on file? ☐ No ☐ Yes Meal modification form? ☐ No ☐ Yes



April 2026

## Colorado Allergy and Anaphylaxis Emergency Care Plan Directions

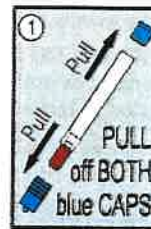
### AUVI-Q™ (EPINEPHRINE INJECTION, USP) DIRECTIONS

1. Remove the outer case of AUVI-Q. This will automatically activate the voice instructions.
2. Pull off red safety guard.
3. Place black end against mid-outer thigh.
4. Press firmly and hold for 5 seconds.
5. Remove from thigh.



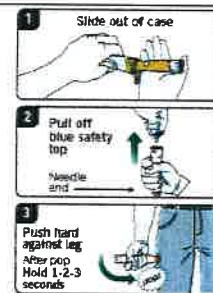
### ADRENALICK® (EPINEPHRINE INJECTION, USP) AUTO-INJECTOR DIRECTIONS

1. Remove outer case.
2. Remove grey caps labeled "1" and "2".
3. Place red rounded tip against mid-outer thigh.
4. Press down hard until needle enters thigh.
5. Hold in place for 10 seconds. Remove from thigh.



### MYLAN EPIPEN® AUTO-INJECTOR DIRECTIONS

1. Remove the EpiPen Auto-Injector from the clear carrier tube.
2. Remove the blue safety release by pulling straight up without bending or twisting it.
3. Place and firmly push orange tip against mid-outer thigh until it 'clicks'.
4. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
5. Remove auto-injector from the thigh and massage the injection area for 10 seconds.



### TEVA Generic EPIPEN® AUTO-INJECTOR DIRECTIONS

1. Quickly twist off the yellow or green cap in the direction of the "twist arrow" to remove it.
2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward. With your other hand, pull off the blue safety release.
3. Place the orange tip against the mid-outer thigh (upper leg) at a right angle to the thigh, push the auto-injector firmly until it 'clicks'.
4. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
5. Remove auto-injector from the thigh and massage the injection area for 10 seconds.



### neffy® NASAL SPRAY DIRECTIONS

1. Pull open the packaging to remove the neffy nasal spray device.
2. Hold device as shown. Hold the device with your thumb on the bottom of the plunger and a finger either of the nozzle.
3. Insert the nozzle into a nostril until your fingers touch the nose. Keep the nozzle straight into the nose pointed toward the forehead.
4. Press plunger up firmly until it snaps up and sprays liquid into the nostril.

#### First Dose



#### Second Dose in the Same Nostril

