

Food Allergy Emergency Plan

Full Name:

Date of Birth:

Emergency Contacts:

Name / Relationship / Phone Number

Known Allergies:

List all known food or latex allergies.

Typical Reaction Symptoms:

E.g., itching, hives, swelling, shortness of breath.

Steps to Take During a Reaction:

1. Call emergency services
2. Administer medication
3. Monitor symptoms

Medications and Instructions:

List medications (e.g., EpiPen, antihistamines) and when to use them.

Doctor's Name and Contact:

Additional Notes:

E.g., location of medications, special instructions.