



FARE FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

NAME: _____ DATE: _____

ALLERGENS: _____

SEVERE SYMPTOMS

1. Difficulty breathing

2. Swelling of the face, lips, tongue, or throat

3. Dizziness or fainting

4. Loss of consciousness

5. Widespread hives

6. Severe stomach pain

7. Persistent vomiting

8. Persistent diarrhea

9. Anaphylaxis

MILD SYMPTOMS

1. Hives

2. Itching

3. Runny nose

4. Sneezing

5. Watery eyes

6. Stomach pain

7. Nausea

8. Vomiting

9. Diarrhea

FOR MILD SYMPTOMS (SEE YOUR DOCTOR)

1. Antihistamine (e.g., Benadryl)

2. Steroid (e.g., Prednisone)

3. Decongestant (e.g., pseudoephedrine)

4. Eye drops (e.g., ketotifen)

5. Inhaler (e.g., albuterol)

FOR SEVERE SYMPTOMS (SEE YOUR DOCTOR)

1. Epinephrine (e.g., EpiPen)

2. Steroid (e.g., Prednisone)

3. Decongestant (e.g., pseudoephedrine)

4. Eye drops (e.g., ketotifen)

5. Inhaler (e.g., albuterol)

INJECT EPINEPHRINE IMMEDIATELY:

1. Epinephrine (e.g., EpiPen)

2. Steroid (e.g., Prednisone)

3. Decongestant (e.g., pseudoephedrine)

4. Eye drops (e.g., ketotifen)

5. Inhaler (e.g., albuterol)

ADDITIONAL INFORMATION:

1. Allergies

2. Medications

3. Medical history

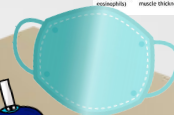
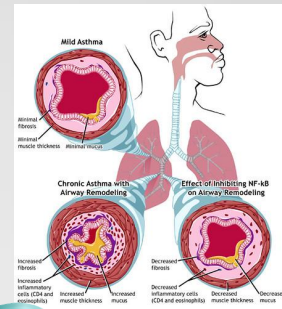
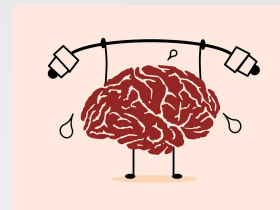
4. Contact information

5. Signature



Haga click
aquí para los
Formularios
de salud en
español

NEW Health Forms for Parents 2020-21



Welcome to my virtual health office!

My name is Mrs. Cannella and I am your school nurse Take a look around! You can find links to forms or information by clicking on objects.

Video Library: Covid 19

School age



Middle school and older



Healthy Minds, Healthy Bodies

Tips for Kids (*Collaborate with social worker, counselor, etc*)

- Talk to your friends on the phone.
- Listen to music.
- Read a book.
- Take a walk outside. (Don't forget your mask!)
- Take an activity break such as dancing, jumping jacks or even just stretching.

Tips for Parents:

- [Staying Healthy](#)
- [Helping Children Cope](#)
- [Staying Calm](#)
- [Daily Exercise](#)
- [Healthy Food choices](#)

Virtual Health Office: Medical Requirements

Children must provide proof of required immunizations and health exams before October 15, 2020, or they will face exclusion from school.

Families that opt out of immunizations will need to complete the form [here](#). It will need to be signed off by your child's provider annually.

Questions and Answers:

- 1) Which forms do I need?
Your medical or dental clinic should have these forms. Also, the physical exam form can be found [here](#) and the dental exam [here](#).
- 2) What if I don't have a doctor?
Here are some [resources](#). You can also email me at gmcannella@cps.edu during school hours for more information.

Oficina Virtual de Salud: Requisitos Médicos

Los niños deben presentar prueba de las vacunas exámenes de salud requeridos antes del 15 de octubre de 2020 o pueden ser excluidas de la escuela.

Familias que decidan no vacunar a sus hijos tendran que llenar esta forma [aqui](#). Tendra que ser firmada por su pediatra anualmente.

Preguntas y respuestas

- 1) ¿Cuáles son las formas que necesito entregar?
Su clínica médica o dental debería tener estas formas disponibles. Si gusta, puede hacer clic [aquí](#) para la forma de salud física y hacer clic [aquí](#) para la forma dental.
- 2) ¿Y si no tengo medico?
Aquí están unos [recursos](#). También puede enviarme un correo electrónico a gmcannella@cps.edu durante horas escolares si tiene más preguntas o preocupaciones.

Asthma Resources

For Students:

Fun resources:

- <https://www.noattacks.org/downloads/AsthmaFunbook.pdf>
- <https://kidshealth.org/en/kids/bfs-rswordsearch.html>

Videos

- <https://www.youtube.com/watch?v=PzfLDi-sL3w>

For Parents::

- Asthma Action plans
<https://kidshealth.org/en/kids/school-asthma.html?WT.ac=k-ra#catlearning>

Allergy Resources

For Students:

Fun resources:

- <https://www.foodallergy.org/resources/be-palr>

Videos

- <https://www.youtube.com/watch?v=UBvdO9a9NTQ>
- <https://www.youtube.com/watch?v=FMxHo8CM7aw>

For Parents::

- For allergy forms: FARE
<https://www.foodallergy.org/>
- <https://kidshealth.org/en/parents/medical/?WT.ac=p-nav-medical>
- This site provides educational materials for parents and students on allergy awareness:
<https://www.foodallergy.org/resources/be-palr>

ADHD Resources

- Scripts: <https://www.andnextcomesl.com/2020/08/self-advocacy-scripts.html>
- Social stories: <https://www.andnextcomesl.com/p/printable-social-stories.html>
- Additional Links: <https://www.cdc.gov/ncbddd/adhd/links.html>
- Support and resources: <https://add.org/adhd-resources/>

Diabetes Resources

- <https://www.jdrf.org/community/typeonenation/>
- <https://www.diabetes.org/nutrition/understanding-carbs/carb-counting>

Videos

- <https://www.youtube.com/watch?v=ncVzq1jA42k>