

# ALLERGY & MEDICATION TRACKER

**EXAMPLE** — how a parent tracks reactions during the first 2 months after diagnosis.

## CHILD INFORMATION

Child's name:

Mia Nguyen

DOB:

April 12, 2021

Weight:

36 lbs (16.3 kg)

Tracker started:

Sept 2, 2025

## KNOWN ALLERGIES

| Allergen        | Severity             | Diagnosed | Confirmed by             |
|-----------------|----------------------|-----------|--------------------------|
| Peanut          | Severe (anaphylaxis) | 8/14/2025 | Dr. Cohen (skin + IgE)   |
| Tree nuts (all) | Severe               | 8/14/2025 | Dr. Cohen (IgE elevated) |
| Egg (cooked)    | Mild — hives         | 5/22/2025 | Dr. Williams (history)   |
| Sesame          | Suspected — testing  | 9/15/2025 | Pending allergist        |

Severity scale: **Mild** (rash, itching) · **Moderate** (swelling, vomiting) · **Severe** (anaphylaxis — EpiPen required)

## CURRENT MEDICATIONS

| Medication         | Dose    | Frequency / when | Prescribed by | Started   |
|--------------------|---------|------------------|---------------|-----------|
| EpiPen Jr (0.15mg) | 0.15 mg | Anaphylaxis only | Dr. Cohen     | Aug 2025  |
| Benadryl liquid    | 5 mL    | If hives/itching | Dr. Williams  | May 2025  |
| Children's Zyrtec  | 5 mL    | Daily at bedtime | Dr. Cohen     | Sept 2025 |
| Albuterol inhaler  | 2 puffs | If wheezing only | Dr. Williams  | Feb 2024  |

## HEALTHCARE CONTACTS

Pediatrician:

Dr. Anna Williams

Phone:

(312) 555-0188

Allergist:

Dr. Marc Cohen (Children's Allergy)

Phone:

(312) 555-0142

Pharmacy:

Walgreens — Lincoln Square

Phone:

(312) 555-0119

Insurance:

BlueCross BCBS PPO

Policy #:

XJW 884 220 117

# EMERGENCY ACTION PLAN

Print and post on the fridge. Share with every caregiver.

## THIS CHILD

|               |                         |               |                       |
|---------------|-------------------------|---------------|-----------------------|
| Child's name: | <u>Mia Nguyen</u>       | DOB:          | <u>April 12, 2021</u> |
| Weight:       | <u>36 lbs (16.3 kg)</u> | Today's date: | <u>Oct 28, 2025</u>   |

### SEVERE ALLERGENS — AVOID AT ALL COSTS

**PEANUTS** — all forms, including peanut oil and "may contain" warnings.

**TREE NUTS** — almonds, cashews, walnuts, pistachios, hazelnuts, pecans, brazils.

**SESAME** — currently being tested. Avoid until allergist confirms safe.

## EPIPEN LOCATION

|                                      |                                                                                        |
|--------------------------------------|----------------------------------------------------------------------------------------|
| Where EpiPen is stored at home:      | <u>Kitchen drawer, left of fridge (white pouch) — and Mia's backpack outer pocket.</u> |
| Backup EpiPen location (school/bag): | <u>School nurse's office (Lincoln Elem.) — Mrs. Reyes has it.</u>                      |

### EMERGENCY ACTION PLAN — ANAPHYLAXIS

**Signs:** swelling of lips/tongue/throat, trouble breathing, widespread hives, vomiting, dizziness, loss of consciousness.

1. Give EpiPen immediately (outer thigh, hold 3 seconds).
2. Call 911 — say "anaphylaxis, EpiPen given."
3. Lay child flat, legs elevated (or sitting up if breathing is hard).
4. Second EpiPen after 5 min if no improvement.
5. Go to ER even if symptoms improve — biphasic reactions can occur up to 4 hours later.

## CALL IN THIS ORDER

|               |                           |        |                       |
|---------------|---------------------------|--------|-----------------------|
| Parent 1:     | <u>Linh Nguyen (mom)</u>  | Cell:  | <u>(312) 555-0144</u> |
| Parent 2:     | <u>David Nguyen (dad)</u> | Cell:  | <u>(312) 555-0177</u> |
| Pediatrician: | <u>Dr. Anna Williams</u>  | Phone: | <u>(312) 555-0188</u> |
| Allergist:    | <u>Dr. Marc Cohen</u>     | Phone: | <u>(312) 555-0142</u> |

## REACTION & DOSE LOG

**Tip:** log every accidental exposure, every dose of rescue medication, and every food trial. Take this to your allergist appointment — patterns over weeks are more useful than what you remember in the office.

| Date  | Time | Symptom or trigger                                          | Treatment (med + dose)   | Reaction / result                               | Notes                                 |
|-------|------|-------------------------------------------------------------|--------------------------|-------------------------------------------------|---------------------------------------|
| 9/2   | 7pm  | Tracker started after multi-allergen diagnosis at allergist | —                        | —                                               | Baseline                              |
| 9/8   | 12pm | School lunch — touched peanut crumbs on shared table        | Benadryl 5mL             | Hives on forearms, cleared in 35 min            | Reported to school                    |
| 9/15  | 9am  | Food trial — sesame seed on bagel (suspected)               | Benadryl 5mL             | Itchy mouth, mild lip swelling, improved 45 min | STOP sesame. Tell Dr. Cohen.          |
| 9/21  | 3pm  | Daycare — unknown cookie (suspected tree nut)               | EpiPen Jr + 911          | Hives, cough, throat tight. Resolved at ER.     | ER VISIT. Biphaseic check 8pm — fine. |
| 9/22  | 8am  | Follow-up dose Benadryl (24 hr post-reaction)               | Benadryl 5mL             | No new symptoms                                 | Daycare conversation scheduled        |
| 9/30  | 10am | Allergist appointment — sesame skin test                    | —                        | Positive — sesame confirmed allergic            | Add to allergens list                 |
| 10/5  | 2pm  | Bake-off birthday party — touched almond crumb              | Benadryl 5mL + hand wash | Small rash on hand only, cleared 20 min         | No ingestion confirmed                |
| 10/12 | 7am  | Started daily Zyrtec for environmental allergies            | Zyrtec 5mL               | N/A — preventive                                | Morning routine now                   |
| 10/18 | 11am | Food trial — baked egg in muffin (allergist-approved)       | —                        | No reaction observed over 4 hrs                 | Continue weekly egg challenge         |
| 10/25 | 6pm  | Itchy eyes after park playdate (pollen?)                    | Zyrtec already in system | Resolved on own in 30 min                       | Probably environmental, not food      |
| 10/28 | —    | Bringing this log to Dr. Cohen follow-up                    | —                        | —                                               | Today's appointment                   |