

Instructions for Organizing MyHealthcareKit

Congratulations for taking the first step towards *Mastering your Emergency*™!

To effectively use this kit, review the tabbed pages and follow these setup instructions:

- When you receive your kit:
 - Provide Physician or Allergist with **Medical Allergy Response Plan** form included in the kit or downloadable at <https://myhealthcarekit.com/forms/> to determine what medication should be taken, in what amount and how often, during both a mild and severe allergic reaction
 - Gather all of the allergic reaction response medication that the Physician or Allergist instructed should be taken during an allergic reaction
 - Apply a color/symbol sticker to the medication, using a different color/symbol sticker for each medication to be used in your kit. Be sure not to cover important information on the medicine (such as patient name, medication, dosage, etc.)
- Outside of kit:
 - **Personal Identification Card**
 - Fill out the card included in the kit or downloadable at <https://myhealthcarekit.com/forms/>, including contact information and attach a personal photograph. You can also Insert the card in the front of your kit
- Inside of kit:
 - **Personal Information** page
 - Complete all information
 - **Symptoms** page
 - Familiarize yourself with symptoms of an allergic reaction to help you determine when an allergic reaction is severe or mild
 - **Severe Reaction** page
 - Using the Physician's or Allergist's **Medical Allergy Response Plan**, starting with #1, add the matching cropped color/symbol sticker from the baggie and name of the medication in the order of use that the doctor instructed. Continue with #2 and continue up to #6 if additional medications were directed to be given, including dosage and how often it should be taken
 - **Mild Reaction** page
 - Repeat the same steps as the Severe Reaction page instructions above
 - **Medication List** page
 - This page is to keep track of the medications in your kit, including dosage and expiration date information
 - In your order of choice, for each medication, add the color/symbol sticker, medication name, dosage, how often it should be given and expiration information.
 - Complete this for each medication in the kit
 - Note: one color/symbol sticker per medication e.g. Antihistamine has the pink heart sticker, is listed on the Severe Response page as #3, on Mild Response as #1, and once on the Medication List
 - Place the rescue medication in the kit as it fits best, making sure the sticker is visible
 - Watch the instructional video on YouTube at <https://www.youtube.com/watch?v=9nQs1LgN8QI> which shows a sample kit being put together
 - Finally, perform a mock emergency "trial run" using your kit
You are now ready to *Master your Emergency*™!

EXAMPLES OF HOW TO USE THE STICKER ON THE MEDICATION AND ON THE SEVERE REACTION, MILD REACTION AND MEDICATION LIST PAGES:

SEVERE REACTION RESPONSE PLAN
CALL 9-1-1 IMMEDIATELY

Doctor Recommended SEVERE REACTION Response Plan
"Sticker is affixed to medication in this kit." Give medication in THIS ORDER:

1. Epi Pen Jr.
0.15 mg
Inject into thigh and hold for 3 seconds
2. Pro Air HFA (Inhaler)
90 mcg
4-8 puffs inhaled every 20 min x3, then 4-8 puffs inhaled every 1-4 hours as needed
3. Loratadine (Antihistamine)
5mg chewable
Give 1 tablet per day
4. Prednisolone ODT (Steroid)
15 mg
Give 1 tablet per day

MILD REACTION RESPONSE PLAN
IF MORE THAN ONE symptom, or if symptoms continue to worsen after medication for when in doubt call 9-1-1 IMMEDIATELY and follow SEVERE REACTION Plan.
Doctor Recommended MILD REACTION Response Plan

"Sticker is affixed to medication in this kit." Give medication in THIS ORDER:

1. Loratadine (Antihistamine)
5mg chewable
Give 1 tablet per day
2. Pro Air HFA (Inhaler)
90 mcg
4-8 puffs inhaled every 20 min x3, then 4-8 puffs inhaled every 1-4 hours as needed

MEDICATION LIST
"Sticker is affixed to medication in this kit."

*Sticker	Medication/Dosage	Expires
▲	Epi Pen Jr. 0.15 mg Inject into thigh and hold for 3 seconds	5/2021
♥	Pro Air HFA (Inhaler) 90 mcg 4-8 puffs inhaled every 20 min x3, then 4-8 puffs inhaled every 1-4 hours as needed	5/2021
★	Loratadine (Antihistamine) 5mg chewable Give 1 tablet per day	6/2021
■	Prednisolone ODT (Steroid) 15 mg Give 1 tablet per day	5/2021