



Petal & Paper

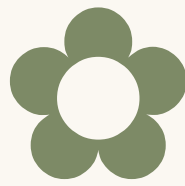
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Allergy and reaction tracking log



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A L L E R G Y L O G

reaction tracker

Date · ____ **Time**: ____ **Setting**: ____

Symptoms · Skin: ☐ GI: ☐ Breathing: ☐ Other: ____ **Severity**:
____/5

What was eaten in the 2 hours before ·

Environment · Pets: ☐ Pollen: ☐ Dust: ☐ Detergent: ☐ Other:

Medication taken · Antihistamine: ☐ Epipen used: ☐ Hospital: ☐

Suspected trigger · _____

Follow-up needed · GP: ☐ Allergy test: ☐ Dietitian: ☐ Date: ____

D O C U M E N T A T I O N I S W H A T T U R N S
S U S P I C I O N I N T O D I A G N O S I S

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