

# WHAT SCHOOL PERSONNEL SHOULD KNOW ABOUT ANAPHYLAXIS

Prepared by Canyons School District Nursing Services

---

## GENERAL INFORMATION

Anaphylaxis is the most severe form of an allergic reaction. It is a life-threatening allergic reaction to certain substances such as food, bee stings, chemicals, and medications. It occurs rapidly and can close off breathing passages. If instant treatment does not occur it can be fatal. Symptoms can appear anywhere from a few seconds to two hours after exposure. In fatal cases, death has most often resulted from acute upper airway obstruction, though profound circulatory collapse may occur without upper airway obstruction. This is a Medical Emergency.

### WARNING SIGNS OF ANAPHYLAXIS

<b>Rapid Onset</b>	<b>Tingling Sensation in Mouth, Face, or Throat</b>
<b>Feelings of Apprehension</b>	<b>Itching</b>
<b>Sweating</b>	<b>Wheezing</b>
<b>Weakness</b>	<b>Feeling of Throat Closing Off</b>
<b>Shallow Respirations</b>	<b>Loss of Consciousness</b>
<b>Abdominal Cramps</b>	<b>Hives</b>
<b>Nausea</b>	<b>Swelling (especially of the lips and face)</b>
<b>Runny Nose and Eyes</b>	
<b>Cardiac Arrest</b>	

### EMERGENCY TREATMENT

**If above symptoms or known exposure occurs:**

- a. Remain with the student**
- b. Give injections and medications prescribed**
- c. Call 911**
- d. Be prepared to give CPR**
- e. Call parents**
- f. Keep warm and quiet**

## GENERAL PRECAUTIONS

- A.** Avoid exposure to any offending substance that may cause an allergic reaction.
- B.** Maintain a school staff trained in anaphylaxis emergency procedures. A minimum of three people must be trained in the use of the Epinephrine Auto-Injector and medications.
- C.** Keep Epinephrine Auto-Injector or other prescribed medications available at school at all times.
- D.** Check expiration dates on Epinephrine Auto-Injector every month to ensure safety.
- E.** Properly dispose of the Epinephrine Auto-Injector after use.
- F.** Take Epinephrine Auto-Injector on all field trips student participates in.

## Administering Epinephrine Auto Injector

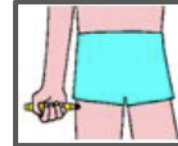
The EpiPen, Epinephrine Auto Injector- Generic and the Auvi-Q should be administered while simultaneously calling 911 and parents.

Remember:

- Remain **calm!**
  - Verify the student's name and check name on Epinephrine Auto Injector.
1. Administer medication

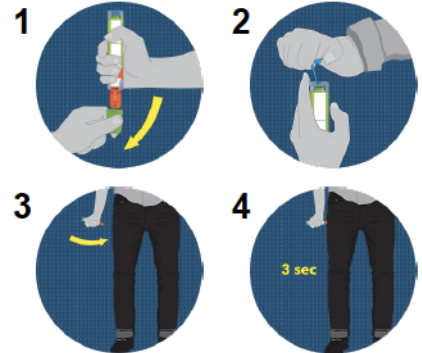
### EPIPEN:

- Apply gloves and wrap hand around EpiPen.
- Pull off blue activation cap.
- Hold tip near outer thigh (always apply to thigh – do not use any other site).
- Swing and jab firmly into outer thigh until Auto-Injector mechanism functions. Hold in place and count to 3. Remove the EpiPen unit and massage the injection area for 10 seconds.



### EPINEPHRINE AUTO INJECTOR -- GENERIC:

- Apply gloves.
- Twist off yellow or green cap in direction indicated.
- Grasp auto-injector with orange tip (needle end) pointing downward.
- With other hand, pull off blue safety release.
- Swing and push the orange tip firmly against outer thigh so it “clicks”.
- Hold in place and count to 3.
- Remove the auto-injector and massage area for 10 seconds.



### AUVI-Q

- Apply gloves
- Pull Auvi-Q from the outer case.
- Follow the audio prompts.



2. Call 911 and then call parent
3. Be prepared to give CPR
4. Remain with the student and keep them warm and quiet
5. Give Epinephrine Auto Injector to EMS after use