

# STANDARD EMERGENCY PLAN

## ANAPHYLAXIS IN SCHOOLS

**A person having a severe allergic reaction (or anaphylaxis) can be fatal.**

**Epinephrine auto-injector – dosage:**

**EpiPen® Jr** 0.15 mg or 0.30 mg - **Allerject** 0.15 mg or 0.30 mg - **Emerade** 0.30 mg or 0.50 mg

**Location of auto-injector(s):** On the student, in the classroom or in common areas.

**If asthmatic:** the person is at greater risk. If, during a reaction, the person has difficulty breathing, give epinephrine before their asthma medication.

**A person having an anaphylactic reaction might have any of the following symptoms:**

- Skin system : hives, swelling, itching, warmth, redness, rash
- Respiratory system: coughing, wheezing, shortness of breath, chest pain or tightness, throat tightness, hoarse voice, nasal congestion, watery eyes, sneezing), itching.
- Gastrointestinal system (stomach) : nausea, pain or cramps, vomiting, diarrhea
- Cardiovascular system: pale or bluish colour, weak pulse, fainting, dizziness, vertigo, shock
- Other : anxiety, feeling distressed, headache, confusion, metallic taste in the mouth

**ACT QUICKLY. The first signs of a reaction may seem mild, but symptoms can become more severe quickly.**

**Early recognition of symptoms and immediate treatment could save a life.**

**Ask the person: Recent contact with a causative agent within less than 4 hours and:**

**Presence of 1 of the 2 following 2 conditions:**

- Circulatory failure (e.g., severe weakness)
- Respiratory distress (loud breathing, poor coloration, bluish skin)

**OR**

**Presence of 2 of the following 4 conditions:**

- Circulatory failure (e.g., weakness)
- Difficulty breathing
- Urticaria (hives) or angioedema (swelling)
- Gastrointestinal symptoms

**When in doubt, always administer the epinephrine auto-injector to the person.**

1. Administer the epinephrine with the auto-injector and note the time.
2. **Get help and stay with the person.**
3. **Call 911** and ask for an ambulance (mandatory). Say that someone is having an anaphylactic reaction.
4. **If no improvement:** Repeat epinephrine administration every 10 minutes.  
**If deterioration:** Repeat epinephrine administration every 5 minutes.  
If a second dose is required, used a second auto-injector.
5. Contact the emergency contact person.