

**SERIES 400
STUDENTS**

Administrative Rule 453.41

PROCEDURE FOR TREATMENT OF ANAPHYLACTIC REACTIONS

Anaphylaxis is a severe, potentially life-threatening allergic reaction. It can occur within minutes to hours after exposure to the allergen. Allergens are most frequently food, medications, or environmental exposures (such as insect stings). A prompt response is needed in the event that anaphylaxis occurs to prevent further complications.

Signs and Symptoms of Anaphylaxis:

- Flushed or pale skin
- Cool, clammy skin
- Hives/itching (does not need to be near site of allergen contact)
- Shortness of breath/wheezing
- Swelling of the tongue or throat/difficulty swallowing
- Weakness
- Nausea/vomiting
- Abdominal cramps
- Diarrhea
- Sense of impending doom

If any of these symptoms occur in relation to a known or suspected allergen, assume anaphylaxis is occurring and treat IMMEDIATELY.

Treatment Procedure:

1. Administer 25mg Diphenhydramine (Benadryl) orally.
2. Administer a dose of epinephrine from an EpiPen 0.3mg (persons greater than 65 pounds) or EpiPen Jr. 0.15mg (persons 65 pounds or under) as soon as possible.
 - a. Remove the blue safety release.
 - b. Firmly grasp the unit, forming a fist around it.
 - c. Jab the unit into the outer thigh, midway between the hip and knee. There will be a clicking noise as the needle deploys.
 - d. Hold the EpiPen in place for 10 seconds to make sure the full dose is delivered.
 - e. If available, additional doses may be given every 5-15 minutes if symptoms persist.
3. Have the victim lie down with feet elevated. If nauseous, have victim lie on their side.
4. If available, oxygen can be given by face mask at 5L/min.
5. Dial 911 and request an ambulance. The victim will need to be transported to a medical facility for further follow-up.

This step can be done immediately if more than one individual is present. If alone, administer the EpiPen first.

Date of Adoption: July 20, 2016

Dates of Revision: