

# Virtual Learning Academy of St. Clair County Responding to Anaphylaxis

## Responding to Anaphylaxis – Call 911

1. Based on symptoms; determine that an Anaphylactic reaction appears to be occurring. Act quickly. It is safer to give Epinephrine than to delay treatment. Anaphylaxis is a life-threatening reaction.
2. If you are alone and are able to provide Epinephrine, call out or yell for help as you immediately go to get the Epinephrine. Do not take extra time seeking others until you have provided the Epinephrine.
3. If you are alone and do not know how to provide Epinephrine, call out or yell for help. If someone is available to help you, have them get the personnel trained to provide Epinephrine while you dial 911 and follow the dispatcher's instructions. Tell the 911 operator that Anaphylaxis is suspected and Epinephrine is available. Your goal is to get someone (designated, trained school staff or emergency medical or emergency medical staff [EMS]) to provide Epinephrine and care as soon as possible.
4. Select the appropriate dose of Epinephrine Auto-Injector to administer based on weight.
  - Dosage: Junior 0.15 mg Epinephrine Auto-Injector if estimated weight is between 33 and 66 pounds.
  - Regular 0.30 mg Epinephrine Auto-Injector if estimated weight is 66 pounds or greater.
  - Frequency: if symptoms persist or return, a second dose should be administered 5 to minutes after first dose.
5. Inject Epinephrine via Auto-Injector:
  - Pull off safety release cap.
  - Swing and jab firmly into upper, outer thigh (through clothing if necessary).
  - Hold in place for 10 seconds (5 if using Auvi-Q) to deliver medication and then remove.
  - Massage the area for 10 seconds. Note the time.
6. Keep the individual either lying down or seated. If they lose consciousness, check if they are breathing. If breathing, position on side and continue to monitor. If not breathing, begin cardiopulmonary resuscitation (CPR), call out for help.
7. Call the school nurse/front office school personnel and advise of the situation.

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8. Provide EMS with Epinephrine Auto-Injector labeled with the student's name, date, and time administered to the EMS transport to the emergency room with the student.

Follow up (to be done the day of the event):

1. Notify the parents/guardians as possible and advise them to let the student's primary care physician know about the episode of suspected Anaphylaxis.
2. Complete the required documentation of the incident (school incident report, Michigan Electronic Grants System Plus (MEGS+) report).
3. Order the replacement Epinephrine Auto-Injector(s).