

**Severe Allergic Reaction**  
**Epinephrine**Store @ room temperature, not in a car or in the sun, etc.  
Is in AED cabinets

Any SEVERE SYMPTOMS after suspected or known exposure to allergen: food, bee sting, latex, medications, etc.

One or more of the following severe symptoms:

LUNG: Short of breath, wheeze, repetitive cough

HEART: Pale, blue, faint, weak pulse, dizzy, confused

THROAT: Tight, hoarse, trouble breathing/swallowing

MOUTH: Significant swelling tongue and/or lips

SKIN: Many hives over body, widespread redness

GUT: Repetitive vomiting, severe diarrhea,

OR

Combination of mild symptoms from different body areas:

NOSE: Itchy/runny nose, sneezing

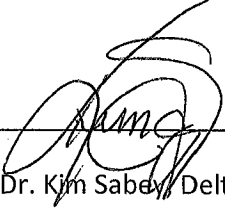
MOUTH: Itchy mouth

SKIN: Few hives, mild itch

GUT: Mild nausea, discomfort



1. If a person is suspected of having a life-threatening reaction INJECT **EpiPen IMMEDIATELY.**
  - a. Use EpiPen for those who weigh 66 pounds or more.
  - b. Use EpiPen Jr, if 33-66 pounds.
    - i. Typically age 4 to age 9 (grade 4).
  - c. If unsure about weight may give the adult dose.
2. Call 911.
3. Stay with the person.
4. A second EpiPen can be given 5 minutes or more after the first, if symptoms persist or recur. Use whatever dose is available. Give in other thigh.
5. For a severe reaction: keep person lying flat with feet raised 8-12 inches, keep warm, give nothing to eat or drink. If breathing difficult or vomiting, let them sit up or lie on side.

Signature  Date 1-31-18

Approved by Dr. Kim Sabey, Delton Family Medical Center, Lake Delton 254-5888

**References:**Food Allergy Research and Education. (2014). *Food Allergy & Anaphylaxis Emergency Care Plan*. Available at: <http://www.foodallergy.org/faap>Food Allergy and Anaphylaxis Network (FAAN). (2001). *School Guidelines for Managing Students With Food Allergies*. Available at: <http://www.foodallergy.org/document.doc?id=135>National Association of School Nurses. (2011). *Suggested Nursing Protocol for Students without an Emergency Care Plan*. Available at: [http://www.nasn.org/portals/0/resources/faat\\_no\\_ECP.pdf](http://www.nasn.org/portals/0/resources/faat_no_ECP.pdf).