

Action Care Plan: Anaphylaxis

Overview: Anaphylaxis is a severe, potentially life-threatening allergic reaction. It can occur within seconds or minutes of exposure to something you're allergic to, such as peanuts or bee stings. Anaphylaxis causes your immune system to release a flood of chemicals that can cause you to go into shock—your blood pressure drops suddenly and your airways narrow, blocking breathing. Anaphylaxis requires an injection of epinephrine and a follow-up trip to an emergency room. If you don't have epinephrine, you need to go to an emergency room immediately. If anaphylaxis isn't treated right away, it can be fatal.

Common Triggers of Anaphylaxis	Anaphylaxis Signs & Symptoms
<ul style="list-style-type: none"> • Certain foods like nuts • Some medications • Insect venom • Latex • Cats & Dogs • Environmental Allergies (grass/dust/mold) 	<p style="text-align: center;">Mild to Moderate</p> <ul style="list-style-type: none"> • Itchy or runny nose • Itchy mouth • Mild nausea or discomfort • Small rash, mild itch
Onset of Anaphylaxis	
<ul style="list-style-type: none"> • Sudden – symptoms may progress rapidly 	<p style="text-align: center;">Severe</p> <ul style="list-style-type: none"> • Shortness of breath, wheezing, repetitive cough • Pale or bluish skin, faintness, weak pulse, dizziness • Tight or hoarse throat, trouble breathing or swallowing • Significant swelling of the tongue or lips • Combination of various body area symptoms

WHEN TO CALL 911

Anaphylaxis is a Medical Emergency:

INJECT EPINEPHRINE IMMEDIATELY! (Read instructions on pen/package for proper administration of epinephrine.) Call 911—tell emergency dispatcher the student is having an anaphylactic reaction and may need epinephrine when emergency responders arrive.

Always have someone notify Health Assistant, Nurse or Trained personnel as soon as you observe symptoms. Consider giving additional medications following epinephrine, i.e. antihistamine, inhaler (if wheezing). Lay student flat, raise legs and keep warm. If breathing is difficult or student is vomiting, let him sit up or lie on his side. If symptoms do not improve, or symptoms return, administer additional doses per order. Alert emergency contacts. Transport patient to ER, even if symptoms resolve. Student should remain in ER for at least 4 hours because symptoms may return.

School Year	Grade	Student's Name with above Diagnosis in your Classroom: