ST. MARY'S COUNTY PUBLIC SCHOOLS
Department of Student Services
ALLERGY and ANAPHYLAXIS EMERGENCY ACTION PLAN

School:				Date EAP initiated:		
SY:	SY:	SY:	SY:	SY:	SY:	SY:
Grade:	Grade:	Grade:	Grade:	Grade:	Grade:	Grade:

Student Name:	DOB:

Allergic to: _____

Anaphylaxis History: ☐ Yes ☐ No Asthma History: ☐ Yes (higher risk for anaphylaxis) ☐ No

☐ If checked, give epinephrine immediately for ANY symptoms if exposure to the allergen was LIKELY.

☐ If checked, give epinephrine immediately, even if NO symptoms are present, if exposure to the allergen was DEFINITE.

BUS INFORMATION

Bus # to school: _____ Bus # from school: _____ Additional Bus #'s: _____

Emergency actions while the student is on the bus: ☐ Follow the emergency action plan below. Other: _____

IMPORTANT: IF THE STUDENT DOES NOT HAVE EMERGENCY EPINEPHRINE, ADMINISTER SMCPS STOCK EPINEPHRINE.

SEVERE SYMPTOMS for any one of the following symptoms: ADMINISTER EPINEPHRINE IMMEDIATELY

LUNG Coughing, Shortness of breath, wheezing, difficulty breathing; noisy breathing; "air hunger" or gasping for air	**HEART** Loss of consciousness, Pale or bluish skin, faintness, weak or absent pulse, dizziness	**THROAT** Tightness, hoarseness, or change in quality of voice, trouble breathing or swallowing	**MOUTH** Significant swelling of the tongue or lips, back of the mouth/throat.
SKIN Hives over the body, widespread redness	**GUT** Repetitive vomiting, severe diarrhea	**OTHER** Feeling something bad is about to happen, anxiety, and confusion	OR A COMBINATION of 2 symptoms from different body systems

***** ADMINISTER EPINEPHRINE IMMEDIATELY. Do not depend on antihistamines or inhalers to treat a severe reaction.**

- Call 911. Tell the emergency dispatcher that the student is experiencing anaphylaxis and that epinephrine has been administered.
- Notify the school nurse, if available
- Consider giving additional ordered medications (antihistamine or inhaler) following epinephrine, as ordered.
- Lay the student flat, raise legs, and keep warm. If breathing is difficult or they are vomiting, let them sit up or lie on their side.
- If symptoms do not improve or symptoms return, an additional dose of epinephrine can be given 5-10 minutes after the initial dose.
- Notify parent/guardian or emergency contact.
- Stay with student until EMS arrives and assumes care.

MILD SYMPTOMS

NOSE Itchy or runny nose, sneezing	**MOUTH** Itchy mouth	**SKIN** A few hives, mild itch	**GUT** Mild nausea or discomfort

FOR SYMPTOMS FROM MORE THAN ONE BODY SYSTEM LISTED IN THE MILD SYMPTOMS AREA, GIVE EPINEPHRINE.
FOR SYMPTOMS FROM A SINGLE BODY SYSTEM LISTED IN THE MILD SYMPTOMS, FOLLOW:

1. Notify the school nurse, if available
2. Give antihistamine if a current Prescriber Authorization- Order (PS109) form is on file for student.
3. Stay with the student and alert the parent, guardian, or emergency contact.
4. Watch closely for changes. If symptoms worsen, give epinephrine.

STUDENT'S ORDERED EMERGENCY MEDICATIONS FOR SCHOOL

If medications are needed, a Medication Order (PS109) form must be completed.

Epinephrine: ☐ Yes ☐ No (If no and student needs epinephrine, administer SMCPS stock epinephrine)

Antihistamine: ☐ Yes ☐ No Other (e.g., inhaler-bronchodilator if wheezing): ☐ Yes ☐ No _____

Location of Emergency Medication: _____ Self-Carry: ☐ Yes ☐ No

CONTACT INFORMATION

Parent/Guardian #1:	Parent/Guardian #2:
Home Phone:	Home Phone:
Cell Phone:	Cell Phone:
Work Phone:	Work Phone:
Emergency Contact:	Phone:

Physician's Name/Signature:	Physician's Phone #:
Parent/Guardian Signature:	Date:
School Nurse Signature:	Date:

ST. MARY'S COUNTY PUBLIC SCHOOLS
Department of Student Services
ALLERGY and ANAPHYLAXIS EMERGENCY ACTION PLAN

Student Name:	DOB:

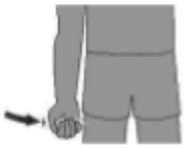
See the checked reference for administration instructions on the student's specific epinephrine brand ordered.

HOW TO USE **AUVI-Q®** (EPINEPHRINE INJECTION, USP), KALEO

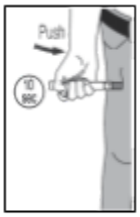
- Remove Auvi-Q from the outer case. Pull off red safety guard.
- Place black end of Auvi-Q against the middle of the outer thigh.
- Press firmly until you hear a click and hiss sound, and hold in place for 2 seconds.
- Call 911 and get emergency medical help right away.

HOW TO USE EPIPEN®, **EPIPEN JR® (EPINEPHRINE) AUTO-INJECTOR AND EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF EPIPEN®)**, USP AUTO-INJECTOR, VIATRIS AUTO-INJECTOR, VIATRIS

- Remove the EpiPen® or EpiPen Jr® Auto-Injector from the clear carrier tube.
- Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward. With your other hand, remove the blue safety release by pulling straight up.
- Swing and push the auto-injector firmly into the middle of the outer thigh until it 'clicks'. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
- Remove and massage the injection area for 10 seconds. Call 911 and get emergency medical help right away.



HOW TO USE **IMPAX EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF ADRENACLICK®)**, USP AUTO-INJECTOR, AMNEAL PHARMACEUTICALS



- Remove epinephrine auto-injector from its protective carrying case.
- Pull off both blue end caps: you will now see a red tip. Grasp the auto-injector in your fist with the red tip pointing downward.
- Put the red tip against the middle of the outer thigh at a 90-degree angle, perpendicular to the thigh. Press down hard and hold firmly against the thigh for approximately 10 seconds.
- Remove and massage the area for 10 seconds. Call 911 and get emergency medical help right away.
- **Note: The needle on this injection does not automatically retract after injection and therefore, needs to be recapped after use. Carefully cover the needle with the carrying case using the One-Handed Needle Recapping Method.**
  - Place the cap on a flat surface like the table or counter with something firm to "push" the needle cap against.
  - Holding the syringe with the needle attached in one hand, slip the needle into the cap without using the other hand.
  - Push the capped needle against a firm object to "seat" the cap onto the needle firmly using only one hand. (FDA.gov)

HOW TO USE **TEVA'S GENERIC EPIPEN®** (EPINEPHRINE INJECTION, USP) AUTO-INJECTOR, TEVA PHARMACEUTICAL INDUSTRIES

- Quickly twist the yellow or green cap off of the auto-injector in the direction of the "twist arrow" to remove it.
- Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward. With your other hand, pull off the blue safety release.
- Place the orange tip against the middle of the outer thigh at a right angle to the thigh.
- Swing and push the auto-injector firmly into the middle of the outer thigh until it 'clicks'. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
- Remove and massage the injection area for 10 seconds. Call 911 and get emergency medical help right away.

HOW TO USE **NEFFY®** (EPINEPHRINE NASAL SPRAY)

- Remove neffy from packaging. Pull open the packaging to remove the neffy nasal spray device.
- Hold device as shown. Hold the device with your thumb on the bottom of the plunger and a finger on either side of the nozzle. Do not pull or push on the plunger. Do not test or prime (pre-spray). Each device has only 1 spray.
- Insert the nozzle into a nostril until your fingers touch your nose. Keep the nozzle straight into the nose pointed toward your forehead. Do not point (angle) the nozzle to the nasal septum (wall between your 2 nostrils) or outer wall of the nose.
- Press plunger up firmly until it snaps up and sprays liquid into the nostril. Do not sniff during or after the dose is given. If any liquid drips out of the nose, you may need to give a second dose of neffy after checking for symptoms.
- If symptoms don't improve or worsen within 5 minutes of initial dose, administer a second dose into the same nostril with a new neffy device.

ADMINISTRATION AND SAFETY INFORMATION FOR ALL AUTO-INJECTORS:

- Do not put your thumb, fingers or hand over the tip of the auto-injector or inject into any body part other than mid-outer thigh. In case of accidental injection, go immediately to the nearest emergency room.
- If administering to a young child, hold their leg firmly in place before and during injection to prevent injuries.
- Epinephrine can be injected through clothing if needed.
- Call 911 immediately after injection.

FORM ADAPTED FROM FOOD ALLERGY RESEARCH & EDUCATION (FARE) (FOODALLERGY.ORG) 4/2025