

# POMONA UNIFIED SCHOOL DISTRICT

## Standing Order for Anaphylaxis

**What is Anaphylaxis?** A severe, life threatening allergic reaction which can occur within seconds to minutes (rarely up to an hour) after a triggering exposure. Individuals can have anaphylaxis, even if they were not previously diagnosed with that risk.

**Possible causes:** exposure to any one of the following;

Food    Insect sting    Medication    Latex (rubber)    Exercise (rare)    Sometimes unknown

**Who can treat Anaphylaxis?** A school nurse or trained volunteer. Training will be in accordance with California Department of Education Training Standards which include recognition of anaphylaxis, how to administer the medication, storage and emergency procedures (calling 911 and monitoring the student until EMS arrives).

[www.cde.ca.gov/ls/he/hn/epiadmin.asp](http://www.cde.ca.gov/ls/he/hn/epiadmin.asp)

1) If student has **KNOWN ALLERGY** and **ingests or is exposed to an allergen**,  
and they **HAVE ANY SYMPTOMS BELOW**  **GIVE EPINEPHRINE AUTO-INJECTOR**

2) If student has **NO KNOWN HISTORY** of anaphylaxis  
**but is suspected of ingesting/ or being exposed to an allergen:**

AND HAS



Shortness of breath, wheezing, difficulty breathing or swallowing

Blueness, feeling faint (or fainting)



**Give Epinephrine auto-injector immediately**

**Call 911**

Monitor student

\*\* Re-inject in 5-15 minutes if 911 has not arrived and symptoms continue or worsen

OR

Has any TWO



Or ONE that is SEVERE

**Mouth:** Itching, tingling or swelling or lips, tongue or mouth

**Skin:** Hives, itchy rash, swelling of face or extremities

**Gut:** Nausea, abdominal cramps, vomiting, diarrhea

**Throat:** Tightening of throat, hoarseness, hacking cough



**Give Epinephrine auto-injector immediately**

**Call 911**

Monitor student

\*\*Re-inject in 5-15 minutes if 911 has not arrived and symptoms continue or worsen.

### Responding to a Suspected Anaphylactic Reaction.

1. Observe symptoms. Stay with the victim. **GET the epinephrine auto-injector** ready and have others **notify 911 immediately**. Seat victim down and keep them calm.
2. Select **epinephrine auto-injector 0.15 mg (Junior) for less than 66 lbs/30 Kg** (2<sup>nd</sup> grade or lower)  
Or **epinephrine auto-injector 0.3 mg (Regular/Adult) for over 66 lb/30Kg** (if no Jr-give Regular)
3. Use the epinephrine auto-injector device as directed on package. In general:
  - a. Pull off cap or cover of epinephrine auto-injector.
  - b. Place tip ("active side" of the device) on student's outer thigh (midway between hip and knee), keeping your hand to the side of the device. Position the device perpendicular (90 degree angle) to the thigh.
  - c. Push the tip firmly into the outer thigh,- a click or other injection sound should be heard or noted. Inject through victim's clothing, if necessary.
  - d. Hold firmly in place for 10 seconds.
4. Patient may show signs of stimulation (sensing his/her heart pounding, shakiness, etc) which is a normal reaction to the epinephrine.
5. Stay with student and monitor closely until paramedics arrive.
6. Contact parent, school nurse and administration.
7. Give second dose in 5 to 15 minutes if symptoms persist or worsen, and, if emergency services have not responded.
8. Refer to hospital for observation, even if recovered (some people have a repeat reaction in hours.)
9. Dispose epinephrine device in sharp's container or provide to emergency medical services.
10. Document event (symptoms observed; actions taken) according to district guidelines.

\_\_\_\_\_  
Physician Signature

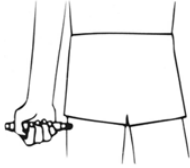
\_\_\_\_\_  
Date

## EpiPen<sup>®</sup> and EpiPen<sup>®</sup> Jr.

- First, remove the EpiPen<sup>®</sup> Auto-Injector from the plastic carrying case.
- Pull off the BLUE safety release cap.



- Hold ORANGE tip near outer thigh (always apply to thigh).



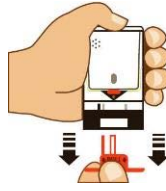
- Swing and firmly push orange tip against outer thigh. Hold on thigh for approximately 10 seconds. Remove the EpiPen<sup>®</sup> Auto-Injector and massage the area for 10 more seconds.



## Auvi-Q<sup>™</sup> 0.15 mg & Auvi-Q<sup>™</sup> 0.3 mg



Remove outer case and follow voice instructions.



Remove red safety guard



Place BLACK end against outer thigh, then press firmly and hold in place for 5 seconds. (Will work even through clothing)

After Auvi-Q is used, place the outer case back on.

## Adrenaclick<sup>™</sup> 0.3 mg & Adrenaclick<sup>™</sup> 0.15 mg



- Remove GRAY caps labeled "1" and "2."
- Place RED rounded tip against outer thigh, press down hard until needle penetrates. Hold for 10 seconds, then remove.



# Epi Pen Auto Injector Algorithm

## Individual Exhibits Signs and Symptoms of Anaphylaxis

- Hives, Itching, Skin redness,
- Swelling of the tongue or lips,
- Throat tightening, Breathing difficulty, Wheezing or coughing,
  - Difficulty swallowing,
  - Stomach cramps or vomiting or diarrhea,
- Dizziness, Feeling faint/Drop in blood pressure (if only this one symptom it is still anaphylaxis),

### History of Anaphylaxis

Get individual's epinephrine pen and inject into outer aspect of either thigh. Hold for 10 seconds/massage 10 sec  
Save Epi Pen and Give to EMS

### No History of Anaphylaxis

Get epinephrine pen and inject into outer aspect of either thigh  
Hold for 10 seconds/massage 10 sec  
Save Epi Pen and Give to EMS  
When in doubt administer adult dose

If signs & symptoms continue after 5-10 min  
Administer another dose of epinephrine



**Call 911**  
**Stay with Individual**



**If the individual stops breathing, start CPR!!!!**

Keep the individual warm, cover with blankets

- Direct individuals to
- Notify Office/Admin to stand out front of facilities to direct EMS/ Ambulance and
  - Contact parents and physician

If the person is pale, lay the person down & elevate their legs

### Epinephrine Auto Injector Follow-Up

Complete EAI administration report and submit to administrator  
Debrief; Evaluate staff response to anaphylaxis  
Refer family to healthcare provider/ allergist  
Ensure individual returns with Epi Pen  
Contact pharmacy to refill Epi Pen  
Restock used Epi Pen and document

