

Life-Threatening Allergies

Students who have epinephrine prescriptions for life-threatening allergies (see photos attached) may have one of the following in his/her medication file:



Epi Pen / Epi Pen Jr.



Auvi-Q



Generic epi pen

Administer epinephrine **immediately** if the student has any of the following symptoms:

FOR ANY OF THE FOLLOWING:

SEVERE SYMPTOMS

 LUNG Short of breath, wheezing, repetitive cough	 HEART Pale, blue, faint, weak pulse, dizzy	 THROAT Tight, hoarse, trouble breathing/ swallowing	 MOUTH Significant swelling of the tongue and/or lips
 SKIN Many hives over body, widespread redness	 GUT Repetitive vomiting, severe diarrhea	 OTHER Feeling something bad is about to happen, anxiety, confusion	OR A COMBINATION of symptoms from different body areas.

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1. **INJECT EPINEPHRINE IMMEDIATELY.**
2. **Call 911.** Tell them the child is having anaphylaxis and may need epinephrine when they arrive.

- Consider giving additional medications following epinephrine:
 - » Antihistamine
 - » Inhaler (bronchodilator) if wheezing
- Lay the person 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, more doses of epinephrine can be given about 5 minutes or more after the last dose.
- Alert emergency contacts.
- Transport them to ER even if symptoms resolve. Person should remain in ER for at least 4 hours because symptoms may return.

MILD SYMPTOMS

 NOSE Itchy/runny nose, sneezing	 MOUTH Itchy mouth	 SKIN A few hives, mild itch	 GUT Mild nausea/ discomfort
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FOR MILD SYMPTOMS FROM MORE THAN ONE SYSTEM AREA, GIVE EPINEPHRINE.

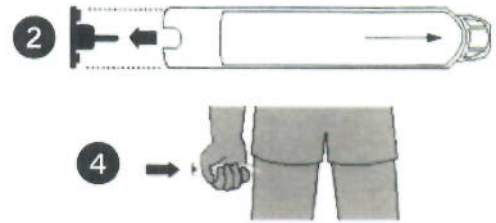
FOR MILD SYMPTOMS FROM A SINGLE SYSTEM AREA, FOLLOW THE DIRECTIONS BELOW:

1. Antihistamines may be given, if ordered by a healthcare provider.
2. Stay with the person; alert emergency contacts.
3. Watch closely for changes. If symptoms worsen, give epinephrine.

Directions for use of epinephrine auto-injector on next page →

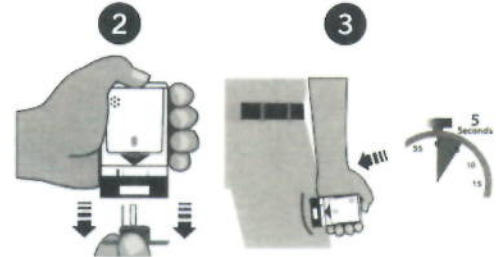
EPIPEN® (EPINEPHRINE) AUTO-INJECTOR DIRECTIONS

1. Remove the EpiPen Auto-Injector from the plastic carrying case.
2. Pull off the blue safety release cap.
3. Swing and firmly push orange tip against mid-outer thigh.
4. Hold for approximately 10 seconds.
5. Remove and massage the area for 10 seconds.



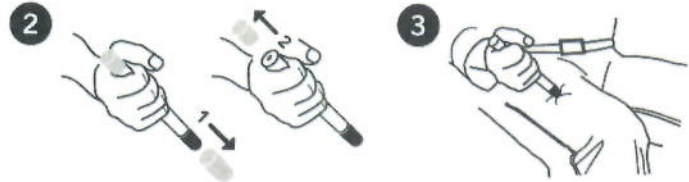
AUVI-Q™ (EPINEPHRINE INJECTION, USP) DIRECTIONS

1. Remove the outer case of Auvi-Q. This will automatically activate the voice instructions.
2. Pull off red safety guard.
3. Place black end against mid-outer thigh.
4. Press firmly and hold for 5 seconds.
5. Remove from thigh.



ADRENALCLICK®/ADRENALCLICK® GENERIC DIRECTIONS

1. Remove the outer case.
2. Remove grey caps labeled "1" and "2".
3. Place red rounded tip against mid-outer thigh.
4. Press down hard until needle penetrates.
5. Hold for 10 seconds. Remove from thigh.



How a Young Child Might Describe a Reaction

Adapted from [The Food Allergy and Anaphylaxis Network](#) Food Allergy News, Vol. 13, No. 2

Children have unique ways of describing their experiences and perceptions, including allergic reactions. Precious time is lost when adults do not immediately recognize that a reaction is occurring or don't understand what the children might be telling them. If you suspect your child is having an allergic reaction, follow the child's Food Allergy Action Plan, signed by the child's doctor. The following are examples of the words and actions a child might use to describe a reaction. Also, children's voices may change (i.e., become hoarse or squeaky), and they may slur their words.

Tongue

- This food's too spicy.
- My tongue is hot (or tingling/burning).
- My tongue feels full (or heavy).
- It feels like something's poking my tongue.
- It feels like there is hair on it.
- My tongue itches.
- It feels like a bump's on the back of my tongue.

Throat

- There's something stuck in my throat.
- My throat's very itchy ("ow, ow, ow", frantically scratching throat with both hands).
- My throat's closing, getting smaller.
- There's a frog in my throat.
- It feels thick.
- It feels like a bump's on the back of my throat.
- I can breathe in a bit, but can't breathe out.

Mouth/Lip

- My mouth is tingling (or burning).
- My mouth itches.
- My mouth feels funny.
- My lips feel tight.

Head/Ears

- It feels like there are bugs in there (to describe itchy ears).
- My head really hurts (hands pounding all over head).
- My head is all prickly all over even when I scratch it.

Stomach

- My stomach really hurts.
- I want to throw up.
- I need to go poo.

Body

- Every-where's itchy (scratching legs, arms, stomach frantically).

Sometimes there may be visual cues, especially in very young children. Children may:

- Put their hands in their mouths.
- Pull/scratch at their tongues or neck.
- Hold their neck.
- Pull or tug on their ears.
- Clutch or pound on their head with both hands





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For a suspected or active food allergy reaction

FOR ANY OF THE FOLLOWING

SEVERE SYMPTOMS

- LUNG:** Short of breath, wheezing, repetitive cough
- HEART:** Pale, blue, faint, weak pulse, dizzy
- THROAT:** Tight, hoarse, trouble breathing/swallowing
- MOUTH:** Significant swelling of the tongue, lips
- SKIN:** Many hives over body, widespread redness
- GUT:** Repetitive vomiting, severe diarrhea
- OTHER:** Feeling something bad is about to happen, anxiety, confusion

OR MORE THAN ONE

MILD SYMPTOM

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

1

INJECT EPINEPHRINE IMMEDIATELY.

2

Call 911.
Request ambulance with epinephrine.

Consider Additional Meds
(after epinephrine)
• Antihistamine
• Inhaler (bronchodilator) if asthma

Positioning
Lay the person flat and raise legs. If breathing is difficult or they are vomiting, roll them on their side.

Next Steps
• If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
• Transport to and remain in ER for at least 4 hours because symptoms may return.

Do not depend on antihistamines. When in doubt, give epinephrine and call 911.