

Anaphylaxis Policy

Purpose:

Our school district possesses an undesignated epinephrine, as permitted by Illinois School Code 105 ILCS 5/22-30. These codes authorize our school nurse or other trained individuals to administer an undesignated Epinephrine to individuals who may be experiencing an anaphylactic reaction during school hours or at school-related events. Per Illinois Administrative Code section 1.540 “A school is not required to have a school nurse or trained personnel available at all times nor at all school-sponsored activities.” The purpose of this document is to provide a standardized protocol for caring for individuals who are believed to be suffering from anaphylaxis. Protecting a student from exposure to allergens is the most important way to avoid anaphylaxis. The nursing staff is in constant collaboration with staff providing necessary precautions and general training regarding students with allergies.

Symptoms:

Anaphylaxis is a severe and potentially life threatening reaction to an allergen. Some possible allergens can include latex, medications, foods (nuts, shellfish, eggs...), insect bites, and animal dander. As stated by Mayo Clinic, “Anaphylaxis causes the immune system to release a flood of chemicals that can cause you to go into shock — blood pressure drops suddenly and the airways narrow, blocking breathing. Signs and symptoms include a rapid, weak pulse; a skin rash; and nausea and vomiting.” (MayoClinic, 2021). Recognition and treatment of anaphylaxis needs to be rapid. The allergen needs to be recognized and removed if possible. Treatment includes epinephrine and antihistamines.

Equipment:

Undesignated Epinephrine- This medication is stored in a secure location in the office by the nurse’s desk in a labeled drawer/cabinet. It is available to use by a *trained staff member or individual* for a person that appears to be having an anaphylactic reaction. Possible side effects include: tachycardia, hypertension, headache, anxiety, apprehension, palpitations, diaphoresis, nausea, vomiting, weakness, and tremors. Epinephrine is a quick-acting medication. Side-effects will begin to resolve within 30 minutes and should fully disappear within a couple of hours. There are two different doses of EpiPens. The yellow box is 0.3mg and is intended for individuals 66 lbs or more. The green box (EpiPen Jr) is 0.15mg and is intended for individuals 33-66 lbs.

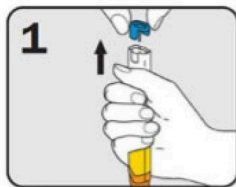
****Trained staff members/individuals** have received specific training related to the use of undesignated Epinephrine. Trained persons must have CPR/AED training. Trained staff members will include- nurses, principals, assistant principals and some head coaches.

Procedure:

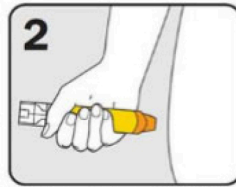
- In an emergency where anaphylaxis is suspected please call 911 and administer Epinephrine auto injector. If symptoms do not resolve within 15 minutes and EMS have not arrived yet a second dose can be administered (maximum=2 doses). After administration, elevate the person's legs and assess their pulse and breathing. CPR may be necessary if you feel no pulse.
- How to administer an Epinephrine auto injector: remove from clear carrier tube, hold the auto injector in your fist with orange tip facing down, with your other hand pull the blue cap off by pulling straight up, hold orange tip on outer portion of mid-thigh then swing arm back and firmly push auto injector into thigh until you hear it click. Hold there for 3 seconds. Massage area for 10 seconds. **(can be given over pants/ensure phone is not in pocket)**

How to give EpiPen®

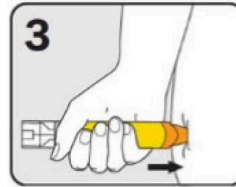
adrenaline (epinephrine) autoinjectors



1. Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE



2. Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)



3. PUSH DOWN HARD until a click is heard or felt and hold for 3 seconds REMOVE EpiPen®