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.

Definition:

Anaphylaxis is a severe and potentially life threatening reaction to an allergen. This reaction "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). Some possible allergens can include latex, medications, foods (nuts, shellfish, eggs…), insect bites, and animal dander.

Possible Symptoms:

Typical reactions usually include multiple symptoms, but every reaction is different. One single symptom may indicate anaphylaxis. Epinephrine should be administered promptly at the first sign of anaphylaxis. The allergen needs to be recognized and removed if possible.

- Shortness of breath or tightness of chest
- Difficulty or absence in breathing
- sneezing, wheezing or coughing
- difficulty swallowing
- Swelling of the lips, eyes, face, tongue, throat, or elsewhere
- Low blood pressure, dizziness or fainting
- Heartbeat complaints- rapid or decreased
- Blueness around lips, inside lips, eyelids
- Sweating and anxiety
- Itching, with our without hives
- Raised red rash anywhere on the body
- Skin flushing or becomes pale
- Hoarseness
- Sense of impending doom or approaching death
- Loss of bowel or bladder control
- Nausea/vomiting
- Abdominal pain
- Diarrhea
- Burning sensation, especially in the face or chest

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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 for 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:

- call school nurse/front office and advise of situation, or call 911
- Administer epinephrine- note the time
    - See below for instructions on how to administer EpiPen

- Stay with the person until EMS arrives
- Monitor the person's airway and breathing
- Direct someone to call parent/guardian
- If symptoms do not resolve within 15 minutes and EMS have not arrived yet- a second dose can be administered (maximum=2 doses).
- Administer CPR if needed
- Even if symptoms subside, 911 must still respond and evaluate the patient

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)**



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Prevention of Food Allergen Exposure:

Staff should implement the following recommendations in order to prevent allergen exposures in the school setting:

- Wash your hands with soap and water before and after preparing, serving or eating food **Hand sanitizer does not kill allergens and cannot be used as an alternative**
- Clean surfaces with soap and water or disposable wipes before and after meals/snacks
- Ensure students have adequate space to sit and eat
- Discourage food sharing