

ANAPHYLAXIS EMERGENCY PLAN - SCHOOL

SEVERE ALLERGIC REACTION MAY BE FATAL	
EPINEPHRINE: EpiPen® 0.15/0.30 mg Neffy® 2 mg/0.1 mL Other: Location: on the student, in the classroom, or in the common area	ANAPHYLACTIC REACTION Symptoms may progress rapidly. Early detection of symptoms and immediate treatment could be life saving.
	IF ASTHMATIC The student is at greater risk. If they are having difficulty breathing: administer epinephrine BEFORE asthma medications.

ADMINISTER EPINEPHRINE IMMEDIATELY IF: Confirmed or suspected contact with an allergen within the last 4 hours AND	
1. Presence of one severe symptom: - Respiratory distress - Cardiovascular involvement (shock)	2. Combination of mild symptoms (at least two of the following symptoms): Respiratory, cardiovascular, digestive, skin, other

SYMPTOMS		
System	MILD symptoms	SEVERE symptoms
Respiratory (nose and eyes)	Nose: sneezing, runny nose, itching Eyes: tearing, itching	Shortness of breath, wheezing, persistent cough, throat tightness, hoarse voice, difficulty breathing, difficulty swallowing, significant swelling of the tongue/lips
Cardiovascular (heart)	N/A	Pale skin, bluish skin, weakness, weak pulse, dizziness, loss of consciousness, shock, chest pain, cold sweats, cardiac arrest
Digestive	Nausea, discomfort	Repeated vomiting, severe diarrhea
Skin	Mild hives, mild itching	Severe hives all over the body, widespread redness, swelling of the eyelids and/or rest of the face
Other	Headache	Anxiety, confusion, metallic taste in the mouth, feeling of imminent death
Do not wait for the symptoms to worsen before administering epinephrine. Administering epinephrine when it is not needed is unlikely to cause serious harm. IF IN DOUBT, ADMINISTER EPINEPHRINE		

- **Administer epinephrine** and write down the time.
- Call for help and stay with the student.
- **CALL 911 and ask for an ambulance (MANDATORY).**
- If the student is dizzy or uncomfortable, lay them on their back and elevate their legs. If the student is experiencing nausea, vomiting, or difficulty breathing, allow them to sit up or lie on their left side.
- **If the symptoms worsen**, administer a second dose of epinephrine as soon as 5 minutes after the first dose. Use a second auto-injector and a different injection site.
 - **Neffy:** A second dose may be administered in the same nostril using a second nasal spray device as soon as 5 minutes after the first dose.
- If the student's condition does not improve (symptoms still present): give epinephrine every 10 minutes.
- There is no predetermined maximum number of epinephrine doses that may be administered.
- Call the emergency contact person as soon as possible.

Source: Intervention auprès des personnes victimes d'une réaction allergique sévère de type anaphylactique, Santé Québec 2025,
Taken from: https://foodallergyCanada.ca/wp-content/uploads/Anaphylaxis-Emergency-Plan_October-2020_a.pdf