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Note: Additional epinephrine auto-injectors may become available. Instructions for current epinephrine auto-injectors may at times be updated.



EMERGENCY PREPAREDNESS CHECKLIST

- Get child's emergency contact information
- Get child's emergency care plan/Food Allergy Action Plan(FAAP)
- Get medication from parents/guardians
- Have stock supply of epinephrine auto-injectors if your state allows
Note: There are an increasing number of severe reactions in students with undiagnosed LTFA (see FAME manual for details on undiagnosed LTFA)
- Contact your local Emergency Medical Services (EMS)
 - Inform that a child has life-threatening food allergy (LTFA)
 - Is epinephrine carried on ambulance
- Education and Training
 - Know signs and symptoms of anaphylaxis
 - Review how to use epinephrine auto-injector
 - Have emergency medication readily available in a secure accessible area. Have a second dose readily available along with permission for non-licensed trained personnel to give. See Emergency Care Plan (ECP)/Food Allergy Action Plan (FAAP).
 - Know expiration date
 - Instructions on how to use the Generic Adrenaclick®: epinephrineautoinject.com
 - Generic Adrenaclick® Skills Test
 - Instructions on how to use the Auvi-Q™: auvi-q.com
 - Auvi-Q™ Skills Test
 - Instructions on how to use an EpiPen®: epipen.com
 - EpiPen® Skills Test
- Develop an emergency response plan and team
 - Develop a plan for school, home, and community
 - Emergency Shelter-In-place plan (disaster plan)
 - Have safe foods available for students with life-threatening food allergies
- Do emergency drills
 - Date completed
 - Frequency
 - Completed by

ALLERGIC REACTION– EMERGENCY RESPONSE CHECKLIST

GOAL: To quickly recognize, respond and appropriately provide treatment and management of an allergic reaction.

For an allergic reaction, contact the school nurse or school nurse designee immediately AND refer to the child's Emergency Care Plan (ECP)/Food Allergy Action Plan (FAAP) (if immediately available).

If anaphylaxis does occur or the ECP/FAAP direction states, the person with the child shall:

- Inject epinephrine immediately
- Call 911
- Remain with the student and stay calm—have second dose readily available
- Place the student in a reclining position, raise legs and do not move them
- Contact parents/guardians/emergency contacts

Things to consider if an emergency occurs at school:

- Who will stay with the student and who will attend to student's classmates?
- Who will activate the emergency response team (building specific and/or system-wide)?
- Who will notify the local emergency medical services that a life-threatening allergic reaction is occurring?
- Who will notify school administration?
- Who will notify the parents/guardians; student's primary care provider and/or allergy specialist?
- Who will meet emergency medical responders at school entrance and direct to the student?
- Who will accompany student to the emergency care facility?
- Who will manage crowd control, if applicable?
- Who will complete the necessary follow-up paperwork and follow-up with the family?

Boyce JA, Assa'ad A, Burks AW, Jones SM, Sampson HA, Wood RA, et al. Guidelines for the diagnosis and management of food allergy in the United States: report of the NIAID-sponsored expert panel. *J Allergy Clin Immunol* 2010;126:S1-58.

FOLLOW UP/DEBRIEFING QUESTIONS

The following debriefing questions are a critical part of the process to reflect on what occurred. These are questions your team should consider and discuss in your review process.

1. What parties were involved?

2. List the incident that occurred?

3. Identify the source of the problem and what could be changed to prevent future reactions?

4. How did the emergency procedure work?

Was the Emergency Care Plan (ECP)/Food Allergy Action (FAAP) followed?

Epinephrine auto-injector administered by whom?

5. When was the last emergency drill?

6. Was emotional consideration given to the student or other students who witnessed the anaphylactic reaction?

**7. Was the student taken to the emergency room by emergency medical services?
If no, please describe.**

HOW TO USE A GENERIC ADRENACLICK® AUTO-INJECTOR

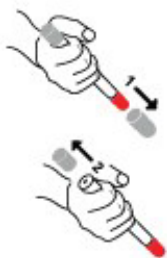
Call 911 immediately after using the Epinephrine Auto-Injector

The effects of the epinephrine auto-injector begin to wear off after 10–15 minutes. It is very important to call 911 or the emergency number in your area immediately after using the epinephrine auto-injector. Your child could have another reaction and needs to be observed in the emergency department for at least 4 hours. Bring the epinephrine auto-injector with you to the hospital or give to emergency personnel when they arrive to safely dispose of it.

Steps to Using the Generic Adrenaclick® Auto-Injector



Step A



- Pull off **GRAY** end cap with the [1]; you will now see a **RED** tip. Never put thumb, finger, or hand over the **RED** tip.
- Pull off **GRAY** end cap with [2].

Step B



- Put the **RED** tip against the middle of the outer side of your thigh (upper leg) as shown. It can go through clothes.
- Press down hard until the needle enters your thigh (upper leg) through your skin. Hold it in place while slowly counting to 10.
- Remove the epinephrine auto-injector from your thigh.
- Check the **RED** tip. If the needle is exposed, you received the dose. If the needle is not visible, repeat Step B.

Step C



**Get emergency
medial help right
away: Call 911.**

- **Be prepared** to give a second dose of the epinephrine auto-injector if symptoms do not improve in 5 to 15 minutes.

This handout is for general information only. The information and above list are guidelines and do not include all symptoms. This document is not a substitute for being seen by a doctor. Always call your doctor if you have questions or seek emergency medical attention if necessary.



When to Use Generic Adrenaclick®

The Generic Adrenaclick® auto-injector is an epinephrine shot used to treat severe allergic reactions (anaphylaxis). A severe allergic reaction can become fatal within minutes if untreated. Using epinephrine gives the life saving time needed to get further medical treatment.

SYMPTOMS OF ANAPHYLAXIS INCLUDE

Mouth: Itchy, swelling of tongue and/or lips

Throat: Itchy, tightness/closure, hoarseness, trouble breathing/swallowing

Skin: Itchy, hives, redness, swelling, red watery eyes

Gut: Nausea, vomiting, cramps, diarrhea

Lung: Short of breath, wheeze, repetitive cough

Heart: Pale or blue skin color, dizzy/faint, weak pulse

Neurological: Sense of "impending doom," irritability, change in alertness, mood change, confusion

Other: Itchy, red, watery eyes

Tips about Generic Adrenaclick®

- Comes in two strengths and are prescribed based on the individual weight.
- A Generic Adrenaclick® trainer is included in the box with the real Generic Adrenaclick®.
- The trainer does not have medicine or a needle.
- Use the trainer to practice steps of giving the injection.
- Store at room temperature.
- Do not refrigerate.
- Do not keep in a vehicle during hot or cold weather.
- Do not expose to direct sunlight.
- Be sure the medicine is clear/colorless in the viewing window.
- Check the expiration date. If expired get a refill.

Additional Information:
epinephrineautoinject.com

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GENERIC ADRENACLICK® AUTO-INJECTOR SKILLS TEST

Name _____ School _____

Place a (1) in the box if the skill is attained.

1	Identify five signs and symptoms of anaphylaxis.	
2	Have someone call 911 (If no one available, administer Generic Adrenaclick® then call 911).	
3	Remove Generic Adrenaclick® from the case if ready to use. (Note: The Generic Adrenaclick® auto-injector is designed to go through clothing or directly on skin).	
4	Pull off GRAY end cap with the [1]. Be careful not to touch the RED tip.	
5	Pull off GRAY end cap with the [2].	
6	Place the RED tip of the Epinephrine auto-injector against the middle of the outer thigh area (upper leg).	
7	Press the Generic Adrenaclick® firmly against the thigh until the needle enters the thigh. Hold in place while slowly counting to 10.	
8	Remove the Generic Adrenaclick® from the injection site and monitor until help arrives.	
9	Have a second dose readily available to repeat steps 4-8, if symptoms do not improve or worsen in 5 to 15 minutes.	
SCORE FOR NUMBER OF SKILLS CORRECTLY PERFORMED		9

Potential Signs and Symptoms of Anaphylaxis

Mouth: Itchy, swelling of tongue and/or lips

Throat: Itchy, tightness/closure, hoarseness, trouble breathing/swallowing

Skin: Itchy, hives, redness, swelling, red watery eyes

Gut: Nausea, vomiting, cramps, diarrhea

Lung: Short of breath, wheeze, repetitive cough

Heart: Pale or blue skin color, dizzy/faint, weak pulse

Neurological: Sense of “impending doom,” irritability, change in alertness, mood change, confusion

Other: Itchy, red, watery eyes

Store and Use

- Room temperature
- DO NOT refrigerate
- Do not keep in car during hot/cold weather
- Check expiration date, most expire within one year
- View color through window of unit: Should be clear. If brown, need new one
- Dispose of auto-injector properly

Call 911 immediately after using the auto-injector.

Transport by emergency personnel and monitor for further medical assistance in the emergency room at least 4 hours.

Which Generic Adrenaclick® should you use?

- (0.3 mg) if > 66 lbs
- (0.15 mg) if 33 – 66 lbs

STAFF SIGNATURE _____

DATE _____

HOW TO USE AN AUVI-Q™ AUTO-INJECTOR

Call 911 immediately after using the Auvi-Q™

The effects of the Auvi-Q™ begin to wear off after 10-15 minutes. It is very important to call 911 or the emergency number in your area immediately after using Auvi-Q™. Your child could have another reaction and needs to be observed in the emergency department for at least 4 hours. Bring the Auvi-Q™ with you to the hospital or give to emergency personnel when they arrive to safely dispose of it.

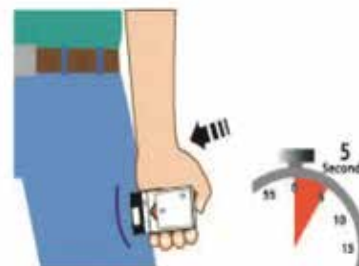
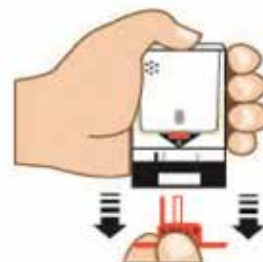
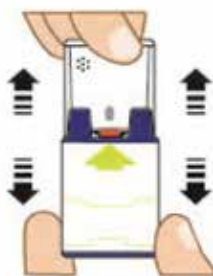
Steps to Using the Auvi-Q™

1. Pull Auvi-Q™ from the outer case. Do not proceed to step 2 until you are ready to use Auvi-Q™. If not ready to use, replace the outer case.
2. Pull off **red** safety guard. To avoid accidental injection, never touch the **black** base of the auto-injector. If an accidental injection does occur, seek medical help immediately. *Note: The safety guard is meant to be tight. **Pull firmly to remove.***
3. Place **black** end against the middle of the outer thigh, then press firmly against thigh and hold in place for 5 seconds. Do not remove Auvi-Q™ until the 5 second countdown is done. The Auvi-Q™ makes a distinct sound (click and hiss) when activated.

The Auvi-Q™ is designed to go through clothing or directly on skin. Each device is a single-use injection.

- **Call 911 and seek immediate medical attention.** Tell them that your child has had an allergic reaction and that the Auvi-Q™ was used. Bring the Auvi-Q™ with you to the hospital or give to emergency personnel when they arrive and they will safely dispose of it.
- **Be prepared** to give a second dose of the Auvi-Q™ if symptoms do not improve or worsen in 5 to 15 minutes.

Note: Auvi-Q™ contains audio voice instructions that help guide you through the steps. In the event the audio instructions do not work properly, the Auvi-Q™ will still work during an allergic reaction.



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Children's
HOSPITAL • ST. LOUIS
BJC HealthCare

When to Use Auvi-Q™

The Auvi-Q™ Auto-injector is an epinephrine shot used to treat severe allergic reactions (anaphylaxis). A severe allergic reaction can become fatal within minutes if untreated. Using the Auvi-Q™ gives the lifesaving time needed to get further medical treatment.

SYMPTOMS OF ANAPHYLAXIS INCLUDE

Mouth: Itchy, swelling of tongue and/or lips

Throat: Itchy, tightness/closure, hoarseness, trouble breathing/swallowing

Skin: Itchy, hives, redness, swelling, red watery eyes

Gut: Nausea, vomiting, cramps, diarrhea

Lung: Short of breath, wheeze, repetitive cough

Heart: Pale or blue skin color, dizzy/faint, weak pulse

Neurological: Sense of "impending doom," irritability, change in alertness, mood change, confusion

Other: Itchy, red, watery eyes

Tips about Auvi-Q™

- Comes in two strengths and are prescribed based on the individual weight.
- An Auvi-Q® trainer is included in the box with the real Auvi-Q®.
- The trainer does not have medicine or a needle.
- Use the trainer to practice steps of giving the injection.
- Store at room temperature.
- Do not refrigerate.
- Do not keep in a vehicle during hot or cold weather.
- Do not expose to direct sunlight.
- Be sure the medicine is clear/colorless in the viewing window.
- Check the expiration date. If expired get a refill.

Additional Information:
auvi-q.com

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AUVI-Q™ SKILLS TEST

Name _____ School _____

Place a (1) in the box if the skill is attained.

1	Identify five signs and symptoms of anaphylaxis.	
2	Have someone call 911 (If no one available, administer Auvi-Q™ then call 911).	
3	Remove Auvi-Q™ from the outer case if ready to use (note: The Auvi-Q™ is designed to go through clothing or directly on the skin).	
4	Pull off red safety guard. Be careful not to touch the black base of the auto-injector.	
5	Place the black end of the Auvi-Q™ against the middle of the outer thigh area.	
6	Press the Auvi-Q™ firmly against the thigh until a click and hiss is activated. Hold in place for 5 seconds.	
7	Remove the Auvi-Q™ from the injection site and monitor until help arrives.	
8	Have a second dose readily available to repeat steps 2-7, if symptoms do not improve or worsen in 5 to 15 minutes.	
SCORE FOR NUMBER OF SKILLS CORRECTLY PERFORMED		8

Potential Signs and Symptoms of Anaphylaxis

Mouth: Itchy, swelling of tongue and/or lips

Throat: Itchy, tightness/closure, hoarseness, trouble breathing/swallowing

Skin: Itchy, hives, redness, swelling, red watery eyes

Gut: Nausea, vomiting, cramps, diarrhea

Lung: Short of breath, wheeze, repetitive cough

Heart: Pale or blue skin color, dizzy/faint, weak pulse

Neurological: Sense of "impending doom," irritability, change in alertness, mood change, confusion

Other: Itchy, red, watery eyes

Store and Use

- Room temperature in the outer case it comes in
- DO NOT refrigerate
- Do not place/leave in vehicle in hot or cold weather
- Check expiration date, most expire within one year
- View color through window of unit: Should be clear. If brown, need new one.
- Dispose of auto-injector properly

Call 911 immediately after using the Auvi-Q™.

Transport by emergency personnel and monitor for further medical assistance in the emergency room at least 4 hours.

When do you use Auvi-Q™?

- Auvi-Q™ auto-injector (0.3 mg) if > 66 lbs
- Auvi-Q™ auto-injector (0.15 mg) if 33 – 66 lbs

STAFF SIGNATURE _____

DATE _____

HOW TO USE EPIPEN® AUTO-INJECTOR

Call 911 immediately after using the Epinephrine Auto-Injector

The effects of the epinephrine auto-injector begin to wear off after 10–15 minutes. It is very important to call 911 or the emergency number in your area immediately after using the epinephrine auto-injector. Your child could have another reaction and needs to be observed in the emergency department for at least 4 hours. Bring the epinephrine auto-injector with you to the hospital or give to emergency personnel when they arrive to safely dispose of it.

Steps in Using an EpiPen®

1. Remove the EpiPen® from the protective carrier tube by tipping and sliding it out.
2. Form a fist around the EpiPen® with the orange tip pointing down. Pull off the blue safety release.
3. Hold with the orange tip pointing toward the middle of the outer thigh.
4. Swing and press the orange tip **firmly** into the outer thigh until you hear a "click." Keep holding it firmly against the thigh for 3 seconds. Note: If you are administering to a young child, hold the leg firmly in place while administering an injection. EpiPen® may be used through clothing or directly on the skin.
5. Remove the EpiPen® from the thigh and massage the area for 10 seconds.
6. **Call 911 and seek immediate medical attention.** Tell them that your child has had an allergic reaction and that the EpiPen® was used.
7. Be prepared to use a second EpiPen® if symptoms do not improve or worsen in 5 to 15 minutes. Each EpiPen® is for **single use only**.

Step 1



Step 2



Step 3



Step 4



Step 5



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When to Use EpiPen®

The EpiPen® auto-injector is an epinephrine shot used to treat severe allergic reactions (anaphylaxis). A severe allergic reaction can become fatal within minutes if untreated. Using epinephrine gives the life saving time needed to get further medical treatment.

SYMPTOMS OF ANAPHYLAXIS INCLUDE

Mouth: Itchy, swelling of tongue and/or lips

Throat: Itchy, tightness/closure, hoarseness, trouble breathing/swallowing

Skin: Itchy, hives, redness, swelling, red watery eyes

Gut: Nausea, vomiting, cramps, diarrhea

Lung: Short of breath, wheeze, repetitive cough

Heart: Pale or blue skin color, dizzy/faint, weak pulse

Neurological: Sense of "impending doom," irritability, change in alertness, mood change, confusion

Other: Itchy, red, watery eyes

Tips about EpiPen®

- Comes in two strengths and are prescribed based on the individual weight.
- An EpiPen® trainer is included in the box with the real EpiPen®.
- The trainer does not have medicine or a needle.
- Use the trainer to practice steps of giving the injection.
- Store at room temperature.
- Do not refrigerate.
- Do not keep in a vehicle during hot or cold weather.
- Do not expose to direct sunlight.
- Be sure the medicine is clear/colorless in the viewing window.
- Check the expiration date. If expired get a refill.

Additional Information:
epipen.com

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EPIPEN[®] SKILLS TEST

Name _____ School _____

Place a (1) in the box if the skill is attained.

1	Identify five signs and symptoms of anaphylaxis.	
2	Have someone call 911 (If no one available, administer EpiPen [®] then call).	
3	Remove EpiPen [®] from package and protective carry tube by flipping the yellow or green cap. (note: The EpiPen [®] is designed to work through clothing or directly on the skin).	
4	Make a fist around the EpiPen [®] Auto Injector and point the orange tip downward.	
5	Remove blue safety cap with your other hand, careful not to touch orange tip.	
6	Hold the EpiPen [®] with the orange tip pointing toward the middle part of the outer thigh area at a 90 degree angle.	
7	Swing and press the orange tip HARD into the outer thigh until you hear a "click." Keep pressing the EpiPen [®] firmly against the thigh for 3 seconds, counting out loud. If administering to a young child, hold the leg firmly in place.	
8	Remove EpiPen [®] straight out of injection site.	
9	Massage injection site for 10 seconds. Monitor status until help arrives. Have next dose ready if needed.	
10	Patient has received the correct dose of the medication if the orange needle tip is extended and the window is obscured. If not, repeat steps 4-9.	
SCORE FOR NUMBER OF SKILLS CORRECTLY PERFORMED		10

Potential Signs and Symptoms of Anaphylaxis

Mouth: Itchy, swelling of tongue and/or lips

Throat: Itchy, tightness/closure, hoarseness, trouble breathing/swallowing

Skin: Itchy, hives, redness, swelling, red watery eyes

Gut: Nausea, vomiting, cramps, diarrhea

Lung: Short of breath, wheeze, repetitive cough

Heart: Pale or blue skin color, dizzy/faint, weak pulse

Neurological: Sense of "impending doom," irritability, change in alertness, mood change, confusion

Other: Itchy, red, watery eyes

Store and Use

- Room temperature in the plastic tube it comes in
- DO NOT refrigerate
- Do not place/leave in vehicle in hot or cold weather
- Check expiration date, most expire within one year
- View color through window of unit: Should be clear. If brown, need new one.
- Dispose of auto-injector properly

Call 911 immediately after using the EpiPen[®].

Transport by emergency personnel and monitor for further medical assistance in the emergency room at least 4 hours.

When do you use EpiPen[®] vs. EpiPen Jr[®]?

- EpiPen[®] auto-injector (0.3 mg) if > 66 lbs
- EpiPen Jr[®] auto-injector (0.15 mg) if 33 – 66 lbs

STAFF SIGNATURE _____

DATE _____