

## Anaphylaxis and EpiPen Guidance

Anaphylaxis is a severe and potentially life-threatening reaction to a trigger such as an allergy. Anaphylaxis is a medical emergency. It can be very serious if not treated quickly.

**Symptoms which usually develop suddenly and get worse very quickly** \* Feeling lightheaded or faint

\* Breathing difficulties – such as fast, shallow breathing or wheezing \* A fast heartbeat

\* Clammy skin

\* Confusion or anxiety

\* Collapsing or losing consciousness

\* Allergy symptoms including an itchy, raised rash (hives), feeling or being sick, swelling, or stomach pain

### **What to do if student has symptoms of anaphylaxis**

\* Use an adrenaline auto-injector (EPIPEN) – but make sure you know how to use it correctly first - see information below.

\* Call 999 for an ambulance immediately (even if they start to feel better) – mention that the student has anaphylaxis. Report to the paramedics when they arrive, how many injections of the EpiPen they have had and send the pen to hospital with them.

\* Inform Nichola Packham as quickly as possible on 07738612976

\* Lie student down flat, unless they are unconscious or having breathing difficulties

\* Give the student another injection after 5-15 minutes if the symptoms don't improve.

### **How to use an EpiPen**

The student will have the pens in their bag. There is no need to remove clothing to use the EpiPen®, but make sure the orange end will not hit buckles, zips, buttons or thick seams on their clothing. Lie the student down with their legs slightly elevated to keep the blood flowing or sit them up if breathing is difficult.

1. **Pull off the blue safety cap.** Grasp the epinephrine in your dominant hand, with thumb and blue cap and form a fist around the epinephrine and pull off the blue safety cap. Remember blue to the sky and orange to the thigh.
2. **Position orange tip.** Hold the epinephrine at a distance of 10cm away from the outer thigh. The orange tip should point towards the outer thigh.
3. **Jab orange tip.** Jab the epinephrine firmly into the outer thigh at a right angle (90 degree angle). Hold firmly against thigh for 3 seconds. The epinephrine should then be made safe and shown to the paramedic on arrival.
4. **Call 999** and Nichola Packham as above

The EpiPen can only be used once but the second pen can be used after 5-15 minutes if the symptoms are still there.

Keep the student lying down or seated and have someone stay with them until they have been assessed by a paramedic. If they should become unconscious then place them in the recovery position.