

# Anaphylaxis Emergency Response

This playbook outlines the steps to identify anaphylaxis and administer an epinephrine auto-injector during a severe allergic reaction. It includes emergency interventions and post-administration protocol.

## Step 1: **Identify Symptoms**

Recognize signs of a severe allergic reaction, such as difficulty breathing, hives, swelling, abdominal pain, vomiting, or a drop in blood pressure.

## Step 2: **Call for Help**

Immediately call emergency services and communicate that an individual is having a severe allergic reaction and may require epinephrine.

## Step 3: **Access Injector**

Locate the epinephrine auto-injector. Ensure it is the correct dosage for the individual's age and weight.

## Step 4: **Administer Epinephrine**

Follow the instructions on the auto-injector package: remove the safety cap, place the injector against the thigh, press firmly until it clicks, and hold in place for the recommended amount of time (usually 3 seconds).

## **Step 5: Monitor Patient**

After administering the epinephrine, lay the individual flat, elevate their legs, and closely monitor breathing and consciousness while waiting for emergency services to arrive.

## **Step 6: Secondary Dose**

If symptoms do not improve within 5-15 minutes, and a second epinephrine auto-injector is available, prepare to administer a second dose following the same procedure as the first.

## **Step 7: Transfer Care**

Once emergency services arrive, provide them with all information about the allergic reaction, any interventions taken, and the time the epinephrine was administered.

# **General Notes**

## **Training Required**

All individuals responsible for responding to anaphylaxis should be trained in recognizing signs of an allergic reaction and the proper use of epinephrine auto-injectors.

## **Device Expiry**

Regularly check the expiration date on auto-injectors and replace them as necessary to ensure effectiveness.

## **Consent and Information**

Whenever possible, obtain verbal consent from the individual or a guardian before administering epinephrine, and inform them of the potential side effects.

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