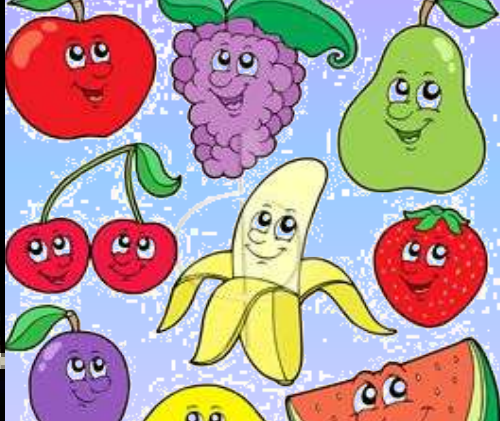
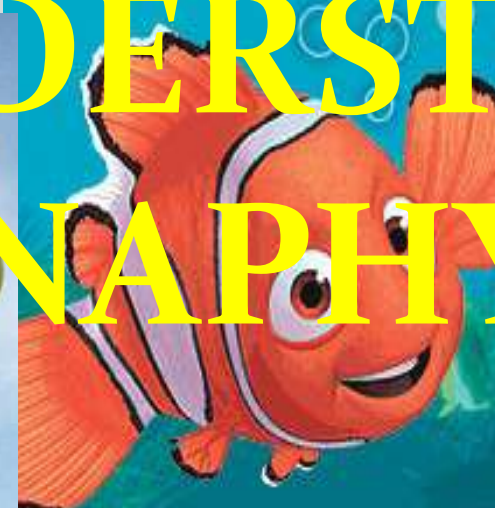
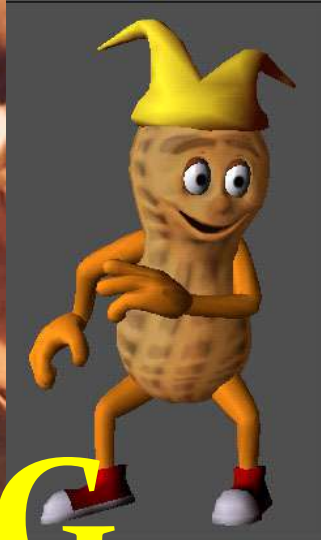
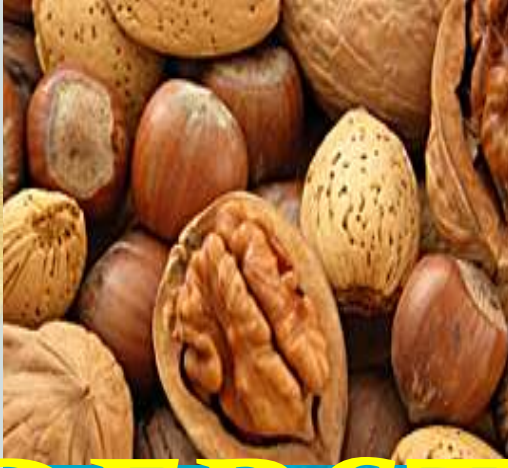


UNDERSTANDING ANAPHYLAXIS



WHAT IS ANAPHYLAXIS?

(PRONOUNCED ANA-FILL-AXIS)

- Anaphylaxis, also known as anaphylactic shock, is a severe and **potentially fatal** allergic reaction.



- It affects the whole body

- Anaphylaxis requires immediate medical treatment



- Although there are many causes for this type of severe allergic reaction, the most common cause is eating a food to which the person is allergic to.



- Even eating a tiny amount of a particular food can cause anaphylactic shock.

- An anaphylactic reaction can occur suddenly, within seconds, or even take up to an hour to develop.



- People can also have serious allergic reactions through

- skin contact (i.e. latex),
- Medications (including over the counter pain killers),
- stings (i.e. bees & wasps)
- Or by touching the mouth with contaminated hands, utensils or toys.



COMMON CAUSES OF ANAPHYLAXIS

- Allergies can be caused by lots of different things

- These are known as allergens

- The following are a list of common allergens



- Peanuts



- Tree nuts



- Sesame



- Dairy Products

- Fish



- Shellfish



- Latex

- Eggs



- Soya



- Penicillin & other drugs

- Fruit



- Bee stings



SYMPTOMS

- Although there is a wide range of symptoms that occur with anaphylaxis, not all of them will be experienced on each occasion.
- The symptoms can vary in severity and speed with which they happen even in the same person.

- Symptoms include:

- Rash / hives anywhere on the body
- Swelling of lips, mouth, face and throat
- Difficulty breathing, swallowing or speaking
- Abdominal cramps, nausea, vomiting or diarrhoea
- Sudden feeling of weakness (drop in blood pressure)
- Collapse and unconsciousness
- Alteration in heart rate



WHAT HAPPENS DURING ANAPHYLACTIC SHOCK?

- When a person comes into contact with their allergen.
 - It can cause a number of different chemicals to be released in their body which can have an effect on their organs.
- During anaphylactic shock the blood vessels leak, bronchial tissues swell and blood pressure drops.
 - This can cause a person to choke and collapse



TREATMENT

- Anaphylaxis requires emergency treatment
- Lie the person flat and elevate the feet, unless this makes breathlessness worse.
- An epinephrine injection (EpiPen or Epi-pen Jr.) should be used promptly, as directed, at the first sign of swelling in the mouth or throat, breathlessness or weakness. This should relieve breathing problems, raise blood pressure and reduce swelling.



- An ambulance must be called immediately.



- If there is no improvement or symptoms get worse a second epinephrine injection should be given after 5 – 10 minutes.



- Less serious reactions (such as a rash) can be treated with antihistamine.

YOU CAN HELP ANAPHYLAXIS SUFFERERS BY -

- Taking allergies seriously.
- Reducing the risk of anaphylaxis by washing your hands after eating.
- Ensuring work-surfaces and utensils are cleaned with soapy water after use.
- Removing the food the person is allergic to in order to avoid accidental exposure and reaction
- Avoiding cross-contaminating food (i.e. using the same knife for the butter after using it in the peanut butter. This would contaminate the butter and would be unsafe for a person with a nut allergy to use.)



- Taking the time to familiarize yourself with the persons allergies, medication and emergency plan.
- Do not stigmatise or exclude a person because of their allergies.
- If an allergic person you know shows signs of a serious allergic reaction, act immediately. Get them medical assistance without delay – you could save their life!
- Anaphylaxis is a condition that can be managed with understanding and co-operation

Show You Care

Be Allergy Aware

Unconscious (appears asleep), difficulty breathing, severe wheezing, swelling of lips, mouth, face or neck, sudden weakness, nausea, vomiting drop in blood pressure, or previous severe reaction.

Send someone to call 911, School Nurse and Medical Emergency Response Team, and to bring oxygen and AED to student's location, Lie student flat with legs elevated unless this makes breathing more difficult.

Give Epi-Pen Jr. if under 66 lbs or Epi-Pen if over 66 lbs

Follow Student's Emergency Plan or school wide emergency plan

Give 2nd dose of Epinephrine if no better in 5 – 10 mins

Check airway, breathing and circulation, monitor Pulse, Respirations and Blood Pressure

Give oxygen if available

Start mouth to mouth breathing and chest compression if necessary. Continue CPR until help arrives or the child recovers.

All students receiving Epinephrine MUST be transported via ambulance to ER. Document time of onset and specific symptoms, medications given and time, vital signs, time 911 and school nurse called and arrived, and that parent was notified. Give empty epinephrine injection to paramedics.

DIRECTIONS FOR USE

- REMOVE AUTO-INJECTOR FROM CARRIER TUBE BEFORE USE.
- NEVER PUT THUMB, FINGERS OR HAND OVER ORANGE TIP.
- NEVER PRESS OR PUSH ORANGE TIP WITH THUMB, FINGERS OR HAND.
- THE NEEDLE COMES OUT OF ORANGE TIP.
- DO NOT REMOVE BLUE SAFETY RELEASE UNTIL READY TO USE.
- DO NOT USE IF SOLUTION IS DISCOLORED.
- DO NOT PLACE PATIENT INSERT OR ANY OTHER FOREIGN OBJECTS IN CARRIER WITH AUTO-INJECTOR, AS THIS MAY PREVENT YOU FROM REMOVING THE AUTO-INJECTOR FOR USE.

TO REMOVE AUTO-INJECTOR FROM THE CARRIER TUBE:



• Flip open the yellow cap of the EpiPen® or the green cap of the EpiPen® Jr Auto-Injector carrier tube.



• Remove the EpiPen® or EpiPen® Jr Auto-Injector by tipping and sliding it out of the carrier tube.
TO USE AUTO-INJECTOR:

TO USE AUTO-INJECTOR



Grasp unit with the orange tip pointing downward.
Form fist around the unit (orange tip down).
With your other hand, pull off the blue safety release.



Hold orange tip near outer thigh.
DO NOT INJECT INTO BUTTOCK.
Swing and firmly push against outer thigh until it clicks
so that unit is perpendicular (at 90° angle) to the thigh.
(Auto-injector is designed to work through clothing.)



Hold firmly against thigh for approximately 10 seconds
to deliver drug. (The injection is now complete. The
window on auto-injector will be obscured.)



- Swing and **firmly push** against outer thigh until it clicks so that unit is perpendicular (at 90° angle) to the thigh. **(Auto-injector is designed to work through clothing.)**

- Hold **firmly against thigh** for approximately 10 seconds to deliver drug. (The injection is now complete. The window on auto-injector will be obscured.)

- Remove unit from thigh (the orange needle cover will extend to cover needle) and massage injection area for 10 seconds.

- Call 911 and seek immediate medical attention.

- Send the used auto-injector with student to the hospital emergency room.

Note: Most of the liquid (about 85%) stays in the auto-injector and cannot be reused. However, you have received the correct dose of the medication if the orange needle tip is extended and the window is obscured. Trainer label has blue background color. Blue background labeled trainer contains no needle and no drug.

NEVER put thumb, fingers or hand over orange tip. **NEVER** press or push orange tip with thumb, fingers or hand. The needle comes out of orange tip. Accidental injection into hands or feet may result in loss of blood flow to these areas. If this happens, go immediately to the nearest emergency room. EpiPen® and EpiPen® Jr Auto-Injector should be injected only into the outer thigh (see "Directions for Use"). **DO NOT INJECT INTO BUTTOCK.**

Do NOT remove blue safety release until ready to use.

To dispose of expired units

Expired auto-injectors must be disposed of properly.

To dispose of an expired auto-injector and carrier tube, take them to your doctor's office or to a hospital for proper disposal.

Used auto-injector with extended needle cover will not fit in carrier tube.

IMMEDIATELY AFTER USE

Go immediately to the nearest hospital emergency room or call 911.

You may need further medical attention. Take your used auto-injector with you.

Tell the doctor that you have received an injection of epinephrine in your thigh.

Give your used EpiPen®/EpiPen® Jr Auto-Injector to the doctor for inspection and proper disposal.

Do not attempt to take the auto-injector apart.