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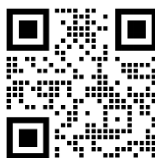
ANAPHYLAXIS & EPIPEN TRAINING FOR UNLICENSED PERSONNEL

2026 – 2027 School Year

TRAINING VIDEO

Watch the training video found by accessing the link, or by scanning the QR code below:

<https://youtu.be/eoueNli5SYE>



OVERVIEW OF LIFE-THREATENING ALLERGIES

Life-threatening allergies are increasing and present challenges for schools and early education and care programs. These guidelines are designed to help both schools and early education and care programs create plans for how they will respond effectively to children with allergies.

ANAPHYLAXIS

Anaphylaxis is a potentially life-threatening medical condition occurring in people with allergies after exposure to their specific allergen(s). Anaphylaxis refers to a collection of symptoms affecting multiple systems of the body. These symptoms may include:

- Hives
- Vomiting
- Itching (any part of the body)
- Diarrhea
- Swelling (any part of the body)
- Stomach cramps
- Red, watery eyes
- Change of voice
- Runny nose
- Coughing
- Difficulty swallowing
- Wheezing
- Difficulty breathing shortness of breath
- Throat tightness or closing
- Sense of doom
- Itchy scratchy lips, tongue, mouth and/or throat
- Fainting or loss of consciousness
- Dizziness, change in mental status
- Flushed, pale skin, bluish lips and mouth area

The most dangerous symptoms include breathing difficulties and a drop in blood pressure or shock, which are potentially fatal. Anaphylaxis can occur within moments, or up to two hours following allergen exposure.

ALLERGIC TRIGGERS

Triggers are things that cause an allergic reaction. Life-threatening allergies (anaphylaxis) can be triggered by:

- Food
- Medication
- Insect venom
- Exercise
- Latex
- Cold

Food triggers are the most common cause of anaphylaxis at school. But the response to a life-threatening reaction is the same regardless of the trigger.

EPINEPHRINE AUTO-INJECTOR INTRODUCTION

Epinephrine is the drug of choice for the emergency treatment of severe allergic reactions or anaphylaxis. Anaphylaxis is defined as a potentially life-threatening medical condition occurring in persons with allergies after exposure to their specific allergen(s). Epinephrine takes effect within seconds, but the duration of its effectiveness is short, about 10 to 20 minutes. North River Collaborative utilizes EpiPen auto-injectors (for persons over 66lbs) and EpiPen Jr. auto-injectors (for persons 33lbs to 66lbs), which are disposable delivery systems. EpiPen and EpiPen Jr. have a spring-activated needle designed to deliver a single, precise dose of epinephrine.

The EpiPen has a clear window near the tip that you can use to check the solution. The window should be checked regularly to ensure the solution is clear and colorless. If the solution becomes discolored or cloudy, or contains particles, you should replace the EpiPen, even if it is before the expiration date. The solution can change from clear to light brown “iced tea” color if the EpiPen has become ineffective due to time, temperature, or sunlight.

ROLE OF THE UNLICENSED PERSONNEL

Unlicensed personnel may administer epinephrine via auto-injector, after proper training by the school nurse, to those with a diagnosed life-threatening allergy and a prescribed epinephrine auto-injector. Staff will follow the individual's Anaphylaxis Emergency Care Plan. The school nurse will notify staff of the location of epinephrine auto-injectors in their programs.

EMERGENCY ACTION STEPS – DO NOT HESITATE TO GIVE EPINEPHRINE!

1. Inject epinephrine in the thigh via auto-injector, using an EpiPen with correct dosing for weight:

- EpiPen Jr. (0.15mg) for students weighing 33lbs to 66lbs
- EpiPen (0.3mg) for students weighing more than 66lbs.

IMPORTANT: Asthma inhalers and/or antihistamines (ex. Benadryl) CANNOT be depended on in anaphylaxis.

2. Call 9-1-1 Must be medically evaluated, even if symptoms resolve completely. Symptoms may recur as much as 24 hours later.

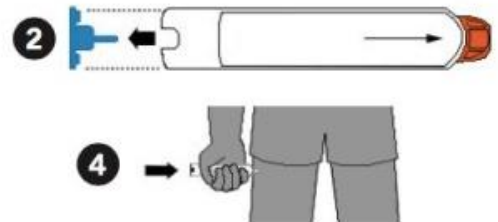
3. Send someone to get the school nurse.

4. Call the student's emergency contact(s).

PLEASE NOTE: 20% of those experiencing anaphylaxis may need a second dose of epinephrine due to ongoing symptoms. A second dose may only be administered under direct medical supervision by EMS or MD.

EPIPEN® AUTO-INJECTOR DIRECTIONS

1. Remove the EpiPen Auto-Injector from the clear carrier tube.
2. Remove the blue safety release by pulling straight up without bending or twisting it.
3. Swing and firmly push orange tip against mid-outer thigh until it 'clicks'.
4. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
5. Remove auto-injector from the thigh and massage the injection area for 10 seconds.



SEE YOUR SCHOOL NURSE FOR PRACTICAL, HANDS-ON TRAINING ON THE USE OF AN EPIPEN AUTO-INJECTOR.