Indications for the use of the epinephrine auto-injector:

If student/individual presents with or complains of the following, administer epinephrine auto-injector immediately:

**Criteria BOX 1:**  Complaint of one or more throat, lung, or heart system signs and symptoms with acute onset of symptoms that may progress rapidly.

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| **Body System** | **Signs and Symptoms** |
| Throat | Itching, tingling, or swelling of the lips, tongue or throat; blue-grey color of the lips; hacking cough; tightening of throat; hoarseness; difficulty swallowing; feeling like the throat is closing |
| Lung | Shortness of breath; wheezing; short, frequent, shallow cough; difficulty breathing; noisy breathing; “air hunger”; or gasping for air |
| Heart | Thready or unobtainable pulse; low blood pressure; rapid pulse, palpitations, fainting; dizziness/lightheaded; pale, blue, or gray color of lips or nail beds; loss of conscience/unresponsiveness |

**AND/OR**

**Criteria BOX 2:** Complaint of signs and symptoms in two or more body systems (i.e. skin symptoms with GI symptoms or skin symptoms with mental symptoms), that are acute onset and may progress rapidly.

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| **Body System** | **Signs and Symptoms** |
| Skin | Facial flushing; hives and/or generalized itchy rash; swelling of the face or extremities; tingling; glue/grey discoloration, swelling of extremities |
| Gastrointestinal | Nausea, abdominal cramps, vomiting, diarrhea |
| Mental | Uneasiness; agitation; panic; feeling of impending doom |
| Nose/Eyes/Ears | Runny, itchy nose; redness and/or swelling of the eyes; throbbing in the ears |

 Select appropriate epinephrine auto-injector based on dosage below.

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| **Grade** | **Epinephrine Dosage** | **Epinephrine Formulation** |
| **Kindergarten through 2nd Grade** | **0.15mg** | **Epinephrine Auto-Injector (0.15mg)** |
| **3rd Grade through 12th Grade** | **0.3mg** | **Epinephrine Auto-Injector (0.3mg)** |

Note: For students who also have asthma, always administer epinephrine first then Albuterol if ordered if presenting in distress.

**Administration Procedure:**

1. Remove the epinephrine pen (0.3 mg) or epinephrine pen (0.15mg) from the carrier tube.
2. Simultaneously call 911 (or direct someone to call 911).  Specify that an anaphylactic/allergic reaction has occurred and that paramedics are needed. Record the time the epinephrine auto-injector was administered and the time emergency medical services (EMS) were activated.
3. Follow the package directions located on the epinephrine auto-injector.
4. After administration, remove the auto-injector and rub thigh in a circular motion for 10 seconds. The needle will retract into the auto-injector. Dispose of the used epinephrine pen in a sharps container as soon as possible.
5. Observe the Observe the student/individual for continued or worsening signs of anaphylaxis.  Advise the student/individual they may feel shaky and/or experience an increase in heart rate as a side effect of the epinephrine injection. Advise the student/individual to report any changes or worsening of symptoms.
6. If symptoms of anaphylaxis continue without improvement, worsen, resolve or lesson and then return and EMS has not arrived, repeat the same epinephrine dose, 5-10 minutes after initial dose.
7. Stay with the student/individual until EMS arrives.
8. Place the student/individual in a reclining position with legs elevated until EMS arrives.
9. Give nothing by mouth. If vomiting occurs, turn head to the side.
10. If trained, monitor and record heart rate, respirations and blood pressure.
11. Administer CPR if indicated and trained to do so.
12. Anyone receiving epinephrine must be transported by EMS for continued medical evaluation and care.
13. Send documentation of episode, including vital signs, interventions and student/staff member’s identifying information to the hospital with EMS personnel.  Maintain a copy of the documentation for the student’s health record or employee file.