

Anaphylaxis Action Plan



Canadian Society of Allergy
and Clinical Immunology

Photo

Name _____ Date of birth _____

Allergic to _____

Epinephrine device: EpiPen® auto-injector neffy® nasal spray Expiry date _____

Dosage _____ Location of the device _____

Emergency Contact 1 _____ Phone _____

Emergency Contact 2 _____ Phone _____

Plan prepared by: _____ Signature _____ On file Date _____

(Medical professional who authorizes medications to be given, as consented by the parent/guardian, according to this plan)

When to give epinephrine

Any one of the symptoms below is considered severe



Heart

Feeling faint or dizzy;
weak pulse; pale;
blue or grey skin, lips
or nails



Lungs/Throat

Shortness of breath;
wheezing; coughing;
difficulty talking or
hoarse voice; drooling



Stomach

Repetitive vomiting
or diarrhea; severe
abdominal pain



Skin

Widespread hives
or flushing; severe
itching; severe swelling
of face or eyes



Other

Sense of doom;
confused; agitated;
decreased activity

Give and go ANYTIME

Use epinephrine when you
think it's needed and call
911/EMS for any symptoms
that concern you.



If an anaphylactic reaction happens, follow these steps:

STEP 1

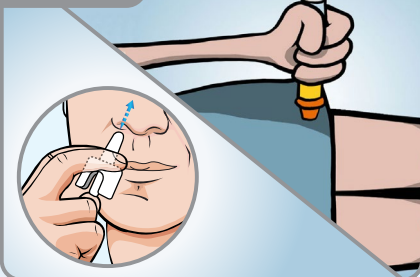


Image courtesy of Kids' CAP

Administer an epinephrine device
(e.g., EpiPen®, neffy®) right away.
Follow device instructions.

STEP 2



Call 911 or your local EMS immediately
and tell them someone is having an
anaphylactic reaction.

STEP 3

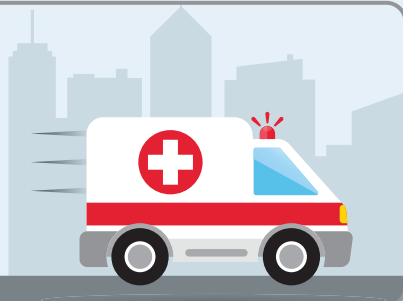


Image courtesy of Kids' CAP

Use a **second epinephrine device** as early
as **5 minutes** after giving the first dose if
there is no improvement in symptoms.

STEP 4

Go to the nearest
hospital right away
(ideally by ambulance).



STEP 5



Call **emergency contact** person
(e.g., parent,
guardian, spouse).

Endorsed by:



Allergy
Quebec



BC SOCIETY
OF ALLERGY
& IMMUNOLOGY



How to use epinephrine

How to use EpiPen® and EpiPen Jr® auto-injectors

Remove the EpiPen® from the carrier tube and follow these steps:

1 Blue to the sky



- Grasp with orange tip pointing downward
- Remove blue safety cap by pulling straight up – do not bend or twist

2 Orange to the thigh



- Place the orange tip against the middle of the outer thigh
- Push hard against the leg until you hear a pop, which signals that the injection has started
- Hold in place for 3 full seconds

Built-in needle protection. After injection, the orange cover automatically extends to ensure the needle is never exposed.

How to use neffy® nasal spray

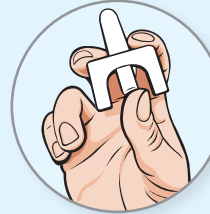
Remove neffy® from the blister pack and follow these steps:

1. Hold

Hold the nasal spray as shown. Hold the nasal spray with your thumb on the bottom of the plunger and one finger on either side of the nozzle.

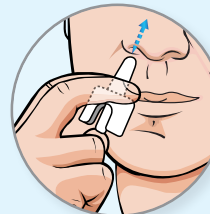
DO NOT pull or push on the plunger.

DO NOT test or pre-spray; each nasal spray has only one dose.



2. Place

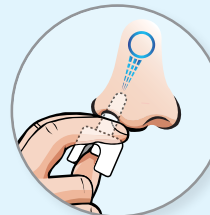
Insert tip of nasal spray into a nostril. Keep the nozzle straight into the nose pointed toward your forehead.



3. Press

Press plunger up firmly until it snaps up and sprays into the nostril.

DO NOT angle the nasal spray to the inner or outer walls of the nose. Avoid sniffing during and after administration.



If any liquid drips out of the nose, monitor for symptoms. You may need to give a second dose of neffy®. If a second dose is needed, give it in the same nostril as the first dose.

Be familiar with body positions

When giving epinephrine

Have the person **sit or lie down**. If having trouble breathing, they may prefer to sit.



If giving an auto-injector to a child, it may be helpful to **support or brace their leg** to reduce movement before giving the device.



During a reaction...

Avoid sudden changes in position, such as quickly sitting up or standing, even after receiving epinephrine.

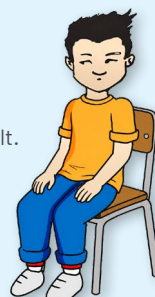


After giving epinephrine

Place them on their back (if not already lying down) and raise their legs.



They may prefer to stay sitting up if breathing is difficult.



If the person feels sick or is vomiting, **place them on their side**. If unconscious, they should also be placed on their side.

