

## MENOMINEE INDIAN SCHOOL DISTRICT

453.42-Rule

### EPIPEN TRAINING GUIDELINES

#### What is an EpiPen:

An EpiPen is a disposable automatic injection device containing epinephrine for allergic emergencies that delivers a single dose of 0.3 mg of epinephrine. Epinephrine is a hormone produced by the adrenal glands. During stress epinephrine is released but during an allergic reaction an additional dose is needed. Epinephrine constricts blood vessels, serves as a bronchodilator and stabilizes victim's blood pressure.

#### When to administer a EpiPen:

When a person experiences an allergic reaction (anaphylaxis) to an allergen (Examples: Insect stings or bites, foods, drugs or other allergens).

#### Symptoms of an allergic reaction include:

1. Tingling sensation in the mouth
2. Swelling of tongue and/or throat
3. Eczema
4. Vomiting
5. Abdominal Cramps
6. Difficulty breathing
7. Hives
8. Diarrhea
9. Drop in blood pressure
10. Loss of consciousness, death

#### How to administer an EpiPen:

The recommended area for injection is the thigh, through clothing if necessary.

1. Pull off grey safety cap
2. Place black tip on thigh at 90° angle
3. Using a quick motion, press hard into thigh until auto-injector mechanism functions/hold in place for several seconds
4. Remove EpiPen and discard
5. Massage injection site for 10 seconds

- \* Additional injection into the hand or feet may result in loss of blood flow to affected area. If this occurs, person should be evaluated immediately by a doctor.
- \* There are few adverse reactions to giving epinephrine if is not needed but NOT GIVING it when needed could result in TRAGEDY.

Signature signifies that each individual has received training of when and how to properly administer the EpiPen to students in a safe manner at school or during a field trip.

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Staff Member

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School Nurse

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Building Administrator

APPROVED: January 7, 2004