

# Epi-Pen Participants Information



Allergic breathing emergencies can be caused by reactions to foods, insect stings, medications, and exposure to Latex.

## **Respiratory Distress Signals** (things you see):

- Fast or slow breathing,
- deep or shallow breathing,
- gasping,
- wheezing,
- gurgling,
- high pitched crowing sounds,
- signs of shock,
- and pale or grey skin

## **Respiratory Distress Symptoms** (things they could complain about):

1. Shortness of breath,
2. dizziness,
3. lightheadedness,
4. chest pain,
5. and tingling in the feet, hands, or lips.

## **Anaphylaxis or Anaphylactic Shock results when the respiratory emergency is Allergen caused.** Added Signals and Symptoms:

- Tightness of chest and throat,
- swelling of face, lips, or tongue,
- slurred speech,
- hives, rashes, itchy or burning skin,
- itchy or burning eyes,
- nausea and vomiting,
- and dilated pupils.

## **Life threatening.**

### **First Aid:**

1. Stop what they are doing, sit, get fresh air, and reassure them.
2. Call 911
3. Care for shock
4. Assist with their prescribed care (it may consist of administering Benadryl first and then doing Epi-pen if no result) or administer Epi-pen (only if trained)(Check name, expiration & clarity)
5. A second Epi-pen injection may be needed if EMS is delayed (only lasts 15 minutes)
6. Secure Epi-pen safely and send with EMS

Epi-Pen Junior only used for a very tiny 3<sup>rd</sup> grader (We have maybe 3 per year at camp that fit the low weight qualifier) or family members on Sunday and Saturday. Epi-pen Adults sent on all trips with bee or food allergies. All gloves at camp are Latex free. If you bring your own FA Kit please check it for Latex Free Gloves.

**Administration:**

You will see a live demonstration or video at camp and do a return demonstration during training.

**Documentation:**

- Trigger type,
- trigger entrance time, s
- signals starting time,
- signals seen,
- time and location of injection,
- effects (side as well as intended) of medication,
- 5, 10 and 15 minutes later observations,
- and any other information gathered from interview THAT IS PERTINANT.
- Have EMS sign they received injector.