

If anaphylaxis is suspected, take the following steps:

STEP 1: Two RN's (or other designated persons) to patient side - assess airway, breathing, circulation, and mentation (mental activity). Vitals should be monitored continuously.

STEP 2: Call for emergency medical services.

STEP 3: Administer epinephrine immediately. The recommended dose is 0.01 mg/kg body weight up to a maximum of 0.5 mg. Weight-based dosing is preferred, but often unavailable in a mobile clinic setting. Determine approximate weight using Broselow Pediatric Emergency Tape in all children 10 years and younger. Use autoinjector if available for that category:

- **In infants (< 7.5 kg or 16.5 lbs)**, administer 0.05 mg (0.05 ml) of epinephrine 1 mg/ml aqueous solution [1:1000 dilution] intramuscularly in the mid-outer thigh.
 - Approximate age is 1-6 months
- **In infants/toddlers (7.5-15 kg or 16.5-33 lbs)**, administer a 0.1 mg (0.1 ml) intramuscular dose in the mid-outer thigh.
 - Approximate age is 7-36 months
- **In children (15-30 kg or 33-66 lbs)**, administer a 0.15 mg intramuscular dose using an autoinjector in the mid-outer thigh.
 - Approximate age is 37 months to 9 years
- **In adolescents or adults (> 30 kg or 66 lbs)**, administer a 0.3 mg intramuscular dose using a premeasured or prefilled syringe (deltoid preferred), or an autoinjector in the mid-outer thigh.
 - Approximate age is 10 years and older

*Epinephrine dose may be repeated 2 times every 5-15 minutes (or sooner as needed) to control symptoms while waiting for emergency medical services.

STEP 4: Consider adjunctive therapies. May administer Benadryl (diphenhydramine) to relieve itching or hives. Age and weight-based dose approximations available below. See **TABLE 2**.

- Use weight for dosing when possible.

TABLE 2. Benadryl Dose by Age/Weight

Benadryl (diphenhydramine dose approximation by age/wt)				12.5 mg/5ml liquid	25 mg tablets
Age	Weight (kg)	Weight (lbs)	Dose (mg)	Dose (ml)	Dose (tabs)
< 12 mos	< 9 kg	< 20 lbs	Do not use	Do not use	Do not use
12-35 mos	9-14.5 kg	20-32 lbs	12.5 mg	5 ml (1 amp)*	n/a
3-7 yrs	15-25.5 kg	33-56 lbs	20 mg	8 ml (1 ½ amp)	n/a
8-12 yrs	26-45 kg	57-99 lbs	25 mg	10 ml (2 amps)	1 tablet
13 yrs or older	46+ kgs	100+ lbs	50 mg	20 ml	2 tablets

* Emergency kits contain diphenhydramine 25 mg tablets and diphenhydramine 12.5 mg prefilled liquid ampules.

STEP 5: Place the patient in a supine position (face up), with feet elevated, unless upper airway obstruction is present or the patient is vomiting.

STEP 6: Monitor closely until EMS arrives. Perform CPR as needed and maintain airway. Monitor blood pressure and pulse every 5 minutes.

Because anaphylaxis may recur after patients begin to recover, monitoring in a medical facility for at least several hours is advised, even after complete resolution of signs and symptoms. Patients who experience anaphylaxis after the first dose of a vaccine should not receive subsequent doses. In addition, patients should be referred to an allergist-immunologist for appropriate work-up and additional counseling.