

**NEW JERSEY DEPARTMENT OF HEALTH AND SENIOR SERVICES  
OFFICE OF EMERGENCY MEDICAL SERVICES  
EMT-BASIC TREATMENT PROTOCOLS**

**Allergies (Anaphylaxis)**

**Perform the following:**

- Scene size-up and the initial assessment.
- Administer 100 % oxygen using a non-rebreather delivery device at 15 liters/minute, unless the patient is unable to tolerate this device. If so, then administer oxygen, using a nasal cannula at 6 liters/minute.
- Place the patient in a position of comfort.
- Ensure that advanced life support (ALS) has been requested and monitor response time.
- Obtain baseline vital signs and obtain the SAMPLE history.
- Conduct the focused assessment and physical exam.

**Initiate treatment if the following conditions are present:**

- A chief complaint of respiratory distress or signs and symptoms of shock (hypoperfusion)
- A tightening feeling in the chest and/or throat which may include wheezing or stridor.
- Itchy, watery eyes, itching, flushed skin and hives.
- Possible swelling to the face, neck, hands, feet and/or tongue.
- An increased heart rate and a decreased blood pressure.
- The patient possess his/her own prescribed Epinephrine auto-injector.

**NOTE: ASSESSMENT FINDINGS THAT REVEAL SHOCK OR RESPIRATORY DISTRESS ALONG WITH ANY OF THE ABOVE, INDICATE THE PRESENCE OF ANAPHYLAXIS.**

**The procedure for administration is as follows:**

- Be sure the medication is prescribed for the patient
- Check the color of the medication (if able to see) and/or the expiration date. If the medication is discolored (yellowed) do not use.
- Carefully remove the safety cap from the auto-injector.
- Place the auto-injector against the lateral portion of the patients thigh, midway between the waist and the knee.
- Push the auto-injector firmly against the thigh until the injector activates.
- Hold the auto-injector in place for at least 10 seconds or until the medication is injected.
- Record the time, dose, medication, vital signs, and any change in the patient's condition after assisting with the medication. Do not delay transport.
- Dispose of the auto-injector in a biohazard container.

**Side effects**

- |                        |               |            |                |
|------------------------|---------------|------------|----------------|
| ➤ Increased heart rate | ➤ Skin pallor | ➤ Nausea   | ➤ Excitability |
| ➤ Anxiousness          | ➤ Headaches   | ➤ Vomiting | ➤ Dizziness    |

**Contraindications.**

- No contraindications when used in a life threatening emergency.

**Dosages**

- Adult dosage (0.3 mg)
- Pediatric dosage (0.15 mg)

**REMEMBER: WHEN QUESTIONS OR CONCERNS ARISE, CONTACT MEDICAL CONTROL.**