

# Management of Anaphylaxis in a Non-Hospital Setting

1. **Assess** airway, breathing and circulation.
2. **Direct someone to call 911** (where available) or emergency medical services.
3. **Position** the individual on their back with lower extremities elevated. If experiencing respiratory distress, the individual should be placed in a position of comfort (elevate head and chest if possible). Place the individual on their side if vomiting or unconscious. If the individual is pregnant, they should be placed on their left side.
4. **Administer epinephrine intramuscularly in the mid-anterolateral aspect of the thigh:** Epinephrine should be administered by 0.01mg/kg body weight of 1:1000 (1mg/mL) solution. Repeat every 5 to 15 minutes as needed, for a maximum of **three doses**.

**Table 1: Epinephrine Dosage by Age or Weight**  
(Weight is the preferred basis for determining dosage but if unknown, use age as a guide)

1:1000, 1mg/mL solution		
Age	Weight	Dose by Injection
Birth to less than 5kg	Less than 5kg	0.1mL
Greater than 5kg but less than 2 years of age	5-10kg	0.1mL
2 to less than 4 years of age	11-15kg	0.15mL
4 to less than 7 years of age	16-20kg	0.2mL
	21-25kg	0.25mL
7 to less than 10 years of age	26-30kg	0.3mL
	31-35kg	0.35mL
10-12 years of age	36-40kg	0.4mL
	41-45kg	0.45mL
Older than 12 years of age	46kg and above	0.5mL

5. **Monitor** the individual's respiratory effort, pulse and level of consciousness.
6. **Transfer** the individual to hospital or clinic immediately for evaluation and observation.
7. **Document** all events, and complete AEFI form.

**Emergency Telephone Number:** \_\_\_\_\_

NOTE: In the event of an anaphylactic type reaction all events must be documented and the nursing manager and Communicable Disease Nurse for the region should be notified as soon as possible.