

**San Joaquin County  
Emergency Medical Services Agency**



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## BLS Allergic Reaction - Anaphylaxis

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**AUTHORITY:** Health and Safety Code, Division 2.5, Sections 1797.60, 1797.80, 1797.197, 1797.197a, 1797.204, 1797.220, 1798; California Code of Regulations, Title 22, Chapter 2, Sections 100062, 100063, 100064

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### INFORMATION NEEDED:

History of exposure to allergen, such as, but not limited to: bee/wasp stings, drugs or medication, nuts, seafood, new food consumed (especially infants), prior allergic reactions.

### OBJECTIVE FINDINGS:

Mild: Hives, rash, itching, anxiety.  
Moderate: Hives, rash, bronchospasm, wheezing, nausea.  
Severe: Respiratory distress, chest tightness, difficulty swallowing, altered mental status, signs of shock.

### TREATMENT:

1. Primary Survey – ensure ABC's.
2. Remove patient from contact with allergen and environment if warranted.
3. Confirm ALS transport is responding.
4. For moderate to severe reactions:
  - a. Assist patient with taking their own prescribed anaphylaxis medications such as bee sting kit (epinephrine, diphenhydramine, antihistamine) or beta-2 inhaler.
  - b. Enhanced Skills EMT: Administer Epinephrine Auto-Injector in lateral thigh:
    - i. Contraindications: Chest pain or history of prior myocardial infarction.
    - ii. Dose:
      1. Adult dose (greater than 66 lbs and less than 66 years old) EpiPen Auto-Injector 0.3mg. Do not repeat dose.
      2. Pediatric dose (less than 66 lbs greater than 6 months of age) EpiPen Jr. Auto-Injector 0.15mg. Do not repeat dose.
5. Monitor SpO<sub>2</sub>.
6. Administer oxygen for shortness of breath or signs of hypoxia: Oxygen 10-15 L/min via non-rebreathing mask. A patient with ineffective respirations: support ventilations with BVM and appropriate airway adjunct.
7. Secondary Survey and Routine Medical Care.
8. Treat for shock as appropriate.

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Effective: June 1, 2022  
Supersedes: April 1, 2020

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Approved: Signature on file  
Medical Director

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EMS Administrator