



RULE 59 FOR LIFE THREATENING ASTHMA & ANAPHYLAXIS

Treatment should be given when an individual is showing signs of distress & one or more of these symptoms are present:

- Difficulty breathing
- Throat tightness (feeling throat is closing)
- Only speaking 1-2 words
- Wheezing
- Fast heartbeat / pulse
- Hives / skin rash / swelling
- Nausea / vomiting / diarrhea
- Cyanosis (turning blue)
- Trouble swallowing
- Passing out

EMERGENCY RESPONSE STEPS TO FOLLOW

- 1 Call 911
- 2 Summon school nurse OR trained staff to implement emergency protocol
- 3 Check airway/patency, breathing, respiratory rate and pulse
- 4 Administer epinephrine (EpiPen Jr for person <50 lbs or EpiPen for person >50 lbs) - press and hold for three seconds
- 5 Determine cause as quickly as possible
- 6 Follow with nebulized albuterol while waiting for EMS. If there is no improvement, one additional treatment of nebulized albuterol can be given after 5 minutes if needed
- 7 Administer CPR if needed
- 8 Monitor vital signs (such as pulse and respiration)
- 9 Contact parents and physician
- 10 Anyone treated for symptoms with epinephrine at school needs to be transferred to a medical facility

**Please note: If student has a plan, start there then move to Rule 59 protocol as needed*