

Approval: John Poland – Executive Director

Sierra – Sacramento Valley EMS Agency Treatment Protocol

M-1 (LALS)

Next Review: 01/2027

Allergic Reaction/Anaphylaxis

Approval: Troy M. Falck, MD – Medical Director Effective: 06/01/2024

• Allergic reaction: Sensitivity to an allergen causing hives, pruritus, flushing, rash, nasal congestion, watery eyes, &/or angioedema not involving the airway.

- **High-risk allergic reaction:** Allergic reaction with a history of anaphylaxis, or significant exposure with worsening symptoms.
- **Anaphylaxis:** Severe allergic reaction with one or more of the following: respiratory distress, bronchospasm, wheezes, diminished breath sounds, hoarseness, stridor, edema involving the airway, hypotension (SBP <90).
- In extremis: Anaphylaxis with one or more of the following: airway compromise, altered mental status, SBP <70.
- Use epinephrine cautiously in pts >35yo, or with a history of coronary artery disease or hypertension.
- Administer Auto-Injector/IM epinephrine into the lateral thigh, midway between waist & knee.



