

Epipen Administration Training for School Staff

Plainville School District

Massachusetts Department of Public Health



Caroline Pasquantonio MSN, RN, NCSN
Angela Lesure, MSN, RN, NPD-BC
Updated 5/2025

Purpose

- To provide unlicensed school personnel with the basic knowledge and skills to administer epinephrine by auto-injector in a life-threatening situation.



Epipen Training Module

Please watch the following Food Allergy training module:

“Food Allergies and Anaphylaxis in School: What School Staff Need to Know”

[Training Module](#)



Common Sources of Hidden Ingredients

Milk: Breads, caramel, hot dogs and deli meat, non-dairy creamers, cheese alternatives, canned tuna, guacamole, chocolate, butter substitutes, sauces...

Soy: Processed foods, breads, soups, sauces, canned meats, peanut butter, cereals, crackers...

Eggs: Mayonnaise, meringue, egg substitutes, cake mixes, frosting, pasta, salad dressing, meatballs, sauces, ice cream, glaze on soft pretzels...

Peanuts/Tree Nuts: Artificial and mixed nuts, desserts, ethnic cuisine, ice cream, barbeque and other sauces, marzipan, nougat, pesto, energy bars, granola, cereal, chocolate candies . . .

Fish/Shellfish: Worcestershire sauce, Caesar salad dressing, imitation crab products, Asian cuisine...

Wheat: All grain-based products, processed foods, food starch



**Current available
auto-injectors
in US**



Auvi-Q



Adrenaclick



EpiPen



**Generic Epinephrine
USP auto-injector**



Neffy



Resource:

[Types of Epinephrine available](#)

New! Neffy Nasal Spray



Click Link to Learn:
[How to Use Neffy](#)

WHAT IS *neffy*?

neffy is a nasal spray used for emergency treatment of allergic reactions including anaphylaxis, in adults and children aged 4 years and older who weigh 33 lbs or greater.

Resource:

Neffy.com



How to Use the EpiPen Auto-injector

Yellow case-Adult dose **Green** case-Junior dose

1. Pop open the **yellow** or **green** cap from the carrying case and remove the EpiPen from its storage tube.
2. Grasp unit with orange tip pointing downward.
3. With your other hand, pull off the blue safety release cap.
4. Swing and jab firmly into outer thigh until it clicks so that unit is at 90-degree angle with thigh (can go through clothing).
5. Hold firmly against thigh for **3** seconds.
6. Remove unit from thigh and massage injection site for 10 seconds.
7. Call 911 and seek immediate medical attention. Symptoms may reoccur.



Video for Epipen Auto-injector

- Please watch the following video on how to use an Epipen Auto-injector:
- [How to Use an Epipen](#)



How to Use Adrenaclick Auto-injector

epinephrineautoinject.com

1. Pull off grey cap labeled “1”: You will now see a red tip. **Never** put hand or fingers over the red tip.
2. Pull off grey end cap labeled “2”.
3. Place the red tip against the middle of the outer side of the thigh (upper leg). It can go through clothes.
4. Press down hard until auto-injector fires and the needle enters the thigh. Hold in place while slowly counting to **10**.
5. Remove Adrenaclick from thigh and check the red tip. If the needle is exposed, the dose was given. If needle is not seen, repeat step.
6. Immediately call 911. Symptoms may reoccur.



Please view: [Training video](#)



Auvi-Q auto-injector

auvi-q.com

- 1st auto-injector that has a voice that talks you through each step of the injection process
- Counts down when you are done, beeps and has a red flashing light to tell you injection was successful
- Compact Design fits in pocket
- Needle injects and retracts automatically
- 3 doses:
 - Infant/toddler - 0.1mg (16.5 to 33 pounds) White
 - Child dose – 0.15mg (33-66 pounds) Blue
 - Adult Dose – 0.3mg (over 66 pounds) Orange



Please view: [Training videos](#)



Epinephrine injection, USP auto-injector, authorized generic (AG) of EpiPen® and EpiPen Jr®



Optional: [Training video](#)



Epinephrine injection, USP auto-injector, generic tevaepinephrine.com



Optional: [Training instructions](#)



Emergency Plan Steps for Trained Staff

If the nurse is unavailable:

1. Obtain the Epinephrine from the nurse's office, cafeteria, or student.
2. Administer the epinephrine.
3. Call 911 immediately or designate someone to do this. Student must be transported to the ER even if symptoms improve after treatment.
4. Notify Principal and Parent. The emergency contact information is on the emergency plan. Also found on Schoolbrains.
5. Department of Public Health to be notified by School Nurse.



Competency Award

- Please take the following Competency test and **print out/send certificate to the school nurse:**

[Competency Test and Certificate](#)

- **Meet with school nurse to demonstrate the administration of the Epinephrine auto-injector.**

Thank you and Congratulations!

