

Algoma University Animal Care Committee	
#AU 0008 Allergies	
Issue date: June 2012	Last revised: May/2025

1. Purpose

This Standard Operating Procedure (SOP) describes acceptable procedures for treating allergic reactions using an anaphylaxis kit.

2. Policy

Health and safety guidelines and regulations

3. Responsibility

Principal investigator, their research staff, and their student investigators

4. Training Required

5. Materials Required

- EpiPen (If authorized)
- Antihistamine tablets
- Gloves (Non Latex)
- CPR Mask
- Anaphylaxis Kit

Definitions

Allergy: A hypersensitive immune reaction to a normally harmless substance (E.g., food, medication, insect venom, pollen)

Allergen: A substance capable of causing an allergic reaction.

Anaphylaxis: A severe, life threatening allergic reaction requiring immediate treatment

Epinephrine Auto-Injector (EpiPen): A life-saving device used to inject epinephrine during anaphylaxis

Types of Allergens

Category	Examples
Food	Peanuts, tree nuts, milk, eggs, shellfish, soy, wheat
Environmental	Pollen, Dust Mites, Mold, Animal dander
Medications	Penicillin, Sulfa drugs
Insect Stings	Bees, Wasps, Hornets, Fire ants
Latex	Gloves, Balloons, Medical devices

6. Procedures

The person with a known allergy should have their anaphylaxis kit in their possession at all times. The kit contains an epinephrine injector and an antihistamine. The kit should be used according to the doctor's instructions. The people working with the person with the known allergy should be informed about how to use the kit, in case the affected person is unable to do so. Should a person require the use of their anaphylaxis kit, an Accident/Injury Report should be completed by the Principal Investigator.

Recognizing Symptoms of an Allergic Reaction:

1. Mild to Moderate Reaction
2. Sneezing, Runny nose
3. Itchy or watery eyes
4. Hives, rash
5. Nausea or abdominal pain
6. Severe Reaction (Anaphylaxis)
7. Difficulty breathing or wheezing
8. Swelling of lips, face, tongue, or throat
9. Drop in Pressure
10. Confusion, dizziness, fainting
11. Rapid or Weak pulse

Emergency Response Protocol

1. Call emergency services immediately (911 or campus emergency number)
2. Administer epinephrine (EpiPen) if available and trained to do so
3. Inject into the outer thigh
4. Hold for 3 - 10 seconds
5. Lay the person flat, elevate legs unless breathing is difficult
6. Monitor breathing and Pulse
7. Administer CPR if the person stops breathing (if first aid certified)
8. Do not leave the individual alone

Epinephrine Auto-Injector (EpiPen Use)

1. Remove from Case
2. Pull off safety cap
3. Firmly press into outer thigh (can go through clothing)
4. Hold for 3 - 10 seconds
5. Remove and massage area
6. Call 911 if not already done

7. References (if applicable)

REVISION HISTORY		
Revision #	Revision Date	Summary of Changes
1	May 1, 2019	
2	April 23, 2023	
3	May 2, 2024	ACC committee feels the H&S office at the university needs to also be responsible for reviewing this SOP because it relates to the individual working in the field and their safety.
4	July 15, 2024	Reformatted to new SOP template
5	May 2025	Department of Life, Health & Safety and Security, reviewed and provided comments and additions to SOP.