

1RÉP/MED. 17 — Allergic / Anaphylactic Reaction (PR-1, 2, 3)

Inclusion criteria

Any exposure to a known or suspected causal agent within the last 24 hours, with one or more signs or symptoms of allergy.

Inclusion criteria — anaphylactic reaction section

Known or suspected allergic contact within the 4 hours preceding symptom onset **AND** one of the following two situations:

- I. Respiratory distress or circulatory failure (signs of shock); or
- II. Presence of 2 of the following 4 clinical presentations:
 - Urticaria (hives) or angioedema;
 - Difficulty breathing;
 - Circulatory failure (e.g., profound weakness);
 - Gastrointestinal symptoms.

Exclusion criteria: NONE

Protocol

1. Refer to protocol 1RÉP/ACP (prehospital clinical approach).
2. If complete airway obstruction, limit to one airway-clearing cycle.
3. If cardiac arrest (CRA), refer to protocol 1RÉP/RÉA. 0.
4. If ventilation is inadequate, assist ventilation with oxygen at 10 L/min or more.
5. If ventilation is adequate, administer oxygen with a high-concentration mask at 10 L/min or more, or per 1RÉP/TECH. 10.
6. If anaphylactic reaction: administer epinephrine intramuscularly in the thigh — victims 25 kg and over: 0.3 mg; victims 50 kg and over: 0.5 mg (if available).
7. Position of comfort.
8. Continue protocol 1RÉP/ACP (prehospital clinical approach).
9. On arrival of the paramedics, transmit relevant information and transfer responsibility.

Repeat epinephrine

- every 5 minutes if the patient deteriorates;
- every 10 minutes if there is no improvement;
- every 10 minutes if there is improvement but the inclusion criteria are still present.

Remarks

Respiratory distress: severe difficulty breathing (dyspnea) with one or more of: increased respiratory rate (tachypnea); noisy breathing; inability to speak full sentences; use of accessory breathing muscles (retraction); bluish skin (cyanosis); altered level of consciousness (V, P, U).

Circulatory failure (shock): two or more of: increased heart rate (tachycardia); increased respiratory rate (tachypnea); anxiety and agitation; cold, pale, clammy skin; absence of radial pulse bilaterally; altered level of consciousness (V, P, U).

If the patient received a dose of epinephrine before your arrival, the dose may be repeated immediately if the inclusion criteria are still present.

Source: Protocoles 1RÉP — 1RÉP/MED. 17 (May 17, 2022). Unofficial translation — SSI Sutton, August 2026. The French version prevails.