



Campus Administrative Policy

Policy Title: **Epinephrine Auto-Injector for Severe Allergy Policy**

Policy Number: 3063A Functional Area: General Administration

Effective: November 1, 2023

Approved by: Donald M. Elliman, Jr.
 Chancellor, CU Anschutz

Prepared by: University Counsel

Reviewing Office: Executive Vice Chancellor for Administration and Finance, CU Anschutz

Responsible Officer: Executive Vice Chancellor for Administration and Finance, CU Anschutz

Applies to: CU Anschutz

Emergency Response

If you are experiencing or witness someone experiencing a severe allergic reaction who requires immediate medical assistance:

Call 911 and/or

Anschutz Medical Campus Police Department 303-724-4444

A. Introduction

1. Purpose

Anaphylaxis is a rare but very serious reaction that can affect several areas of the body and may threaten breathing and blood circulation. Food allergy is the most common cause of anaphylaxis, although several other allergens—insect stings, medications, or latex—are other potential triggers. Rarely, anaphylaxis is triggered by exercise. Very rarely, anaphylaxis can occur without an identifiable trigger. Although anyone who has a food allergy can experience anaphylaxis, the foods most likely to cause a severe reaction are peanuts, tree nuts, fish, and shellfish. Epinephrine (adrenaline) is a medication that can reverse the severe symptoms of anaphylaxis. It is given as a “shot” and is available as a self-injector, also known as an epinephrine auto-injector. Epinephrine is a highly effective medication, but it must be administered promptly during anaphylaxis to be most effective. Delays can result in death in as little as 30 minutes.

Colorado law requires that institutions of higher education acquire and maintain a supply of epinephrine auto-injectors, permitting any person to retrieve and use an epinephrine auto-injector in an emergency and to create and maintain a policy concerning the acquisition and stock of epinephrine auto-injectors. The law encourages institutions to place epinephrine auto-injectors in emergency public locations.

2. Scope

The content of this Policy is applicable to CU Anschutz Medical Campus locations and its staff, students, and faculty in their interactions with individuals who may have severe allergies on campus. This policy does not cover the acquisition or use of an epinephrine auto-injector by a healthcare provider employed by or acting as an agent of the university nor does this policy cover self-administration of personally prescribed epinephrine auto-injectors by any individual.

B. Policy Statement

1. Safety, health, and wellness for the campus community is vitally important to the university. CU Anschutz is committed to:
 - a. Increasing the campus community’s access to epinephrine auto-injectors on campus to address any severe allergic reaction that may occur;
 - b. Making individuals aware of the location of epinephrine auto-injectors on campus.
2. All community members or visitors with severe allergies are highly recommended to always carry an epinephrine auto-injector with them, as well as to wear a medical bracelet.
3. The primary supply of epinephrine auto-injectors on campus will be in the Occupational Health Division of Environmental Health and Safety (“Occupational Health”) and is available for public use. The campus inventory of epinephrine auto-injectors will be managed by Occupational Health. Additional information about the locations, usage, and guidelines surrounding epinephrine auto-injectors on the Anschutz Medical Campus will be available on Occupational Health’s website.

1. Location of Epinephrine Auto-Injectors on Campus
 - a. A supply of epinephrine auto-injectors will be in located in Occupational Health and other locations based on need.
2. Exceptions
 - a. This policy is not intended to cover the availability and self-administration of personal epinephrine auto-injectors. This policy is not intended to cover all situations in which the university employs or uses personnel with specific education, certification, and/or licensure to deliver emergency care. Personnel such as EMTs, EMT-paramedics, registered nurses, other health care professionals (including certified athletic trainers) may have an epinephrine auto-injector that they have been authorized to use by virtue of their specific training or medical protocols and may have other reporting requirements mandated by regulations or statutes. This policy is not intended to cover locations on campus that do not constitute CU Anschutz property.

C. Process

1. Responsibilities

Campus partners will work together to fulfill the University's commitment to supporting members of our community with severe allergies.

- a. The CU Anschutz Occupational Health Division of Environmental Health and Safety will:
 - Follow, review, and maintain this policy;
 - Adhere to public health regulations;
 - Collaborate with groups on campus to encourage increased awareness of the existence of severe allergies and to share information and resources helpful to the campus community.
- b. Individuals with severe allergies are encouraged to:
 - 1) Students should:
 - Contact the Office of Disability Access and Inclusion (303-724-5640) before arriving on campus, or as soon as possible, to discuss and develop a reasonable accommodation plan for their condition and allergen(s).
 - Once on campus, follow the plan and advice provided, and follow-up with their primary care physician if there are any concerns at any time and/or after a mild reaction throughout the year.
 - 2) Employees should:
 - Contact their primary care physician and the CU Anschutz Americans with Disabilities Act Coordinator ("CU Anschutz ADA Coordinator") (303-724-9691), to discuss and develop a reasonable accommodation plan for their specific condition and allergen(s).

- Follow the plan and advice provided and follow up with their primary care physician (or the CU Anschutz ADA Coordinator if there are any concerns at any time and/or after a mild reaction throughout the year).
- 3) Those with severe allergies should consider:
- Self-identifying allergies to events and food outlets on campus (as not all food operators on campus are managed by CU Anschutz) and ask questions to food outlet staff and supervisors, before selecting/purchasing food about ingredients and the potential of cross-contamination at vendor locations and at events held by the university;
 - Practicing ongoing and constant vigilance in the management of a severe allergy throughout their time at CU Anschutz;
 - Carrying an epinephrine auto-injector at all times;
 - Wearing medical identification (e.g. Medic Alert) at all times;
 - Telling others with whom they are in regular contact (e.g. colleagues, professors, supervisors etc.) about their allergy, how to recognize symptoms of a reaction, what to do, and where they store their epinephrine auto-injectors.

D. Definitions

Administer: The direct application of an epinephrine auto-injector to the body of an individual.

Allergy: An allergy is a chronic medical condition involving an abnormal immune system reaction to an ordinarily harmless substance called an allergen.

- **Severe Allergy and Risk of Anaphylaxis:** Allergies to food, insect stings, medication and other substances can trigger a potentially life-threatening anaphylactic reaction. The most common causes are food allergens (e.g., peanuts, tree nuts, fish, shellfish (crustaceans, mollusks), egg, milk, mustard, sesame, soy, wheat) and insect stings (e.g., wasps, honeybees, hornets, yellow jackets).

Anaphylaxis: The most serious type of allergic reaction. Symptoms of anaphylaxis can vary for different people from one reaction to the next. Symptoms generally include two or more of the following body systems: Skin, Respiratory, Gastrointestinal and/or Cardiovascular. However, low blood pressure alone in the absence of other symptoms can also represent anaphylaxis.

- **Skin:** hives, swelling (face, lips, tongue), itching, warmth, redness;
- **Respiratory** (breathing): coughing, wheezing, shortness of breath, chest pain or tightness, throat tightness, hoarse voice, nasal congestion or hay fever-like symptoms (runny, itchy nose and watery eyes, sneezing), trouble swallowing;
- **Gastrointestinal** (stomach): nausea, pain or cramps, vomiting, diarrhea;

- **Cardiovascular** (heart): paler than normal skin color/blue color, weak pulse, passing out, dizziness or lightheadedness, shock;
- **Other**: anxiety, sense of doom (the feeling that something bad is about to happen), headache, uterine cramps, metallic taste.

Of the above anaphylaxis symptoms, trouble breathing and a drop in blood pressure are identified as the most dangerous and can lead to death if not immediately treated/if treatment is delayed.

Auto-Injector: A device used for injecting a single dose (measured amount) of a drug into your own or another person's body.

Epinephrine: The drug used to treat anaphylaxis. It is commonly delivered using an auto-injector.

Stock Epinephrine: Term used to describe the availability of undesignated epinephrine auto-injectors.

Notes

1. History:

Initial Policy Effective Date: November 1, 2023

2. Cross References/Appendix:

- CU Anschutz Occupational Health and Safety Department
<https://research.cuanschutz.edu/ehs/home/divisions/occupational-health>
- Senate Bill 23-299, C.R.S. 23-5-149 [Sydney Meegan's Law](#)
- C.R.S. 25-47-107 [Good Samaritan Protections](#)
- C.R.S. 13-21-108 [Persons Rendering Emergency Assistance Exempt from Civil Liability](#)