

Allergy Action Plan

Develop an Allergy Alert Plan and share this with your friends and housemates

.....
is allergic to the following
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Emergency Contact details
Next of kin.....
Contact number.....

Please note: The Human Medicines Regulations 2012 states that any lay person can administer adrenaline for the purpose of saving a life

- Mild to Moderate Symptoms**
- Swollen lips, face or eyes
 - Itchy / tingling mouth
 - Hives or itchy skin rash
 - Abdominal pain or vomiting
 - Sudden change in behaviour

- ACTION:**
- Stay with the your friend
 - Call for help if necessary
 - Locate adrenaline autoinjector(s)
 - Give antihistamine
 - Phone your friends emergency contact

Watch for signs of ANAPHYLAXIS (life-threatening allergic reaction)
Anaphylaxis may occur without skin symptoms
Always consider Anaphylaxis in someone who has food allergies and stops breathing

- Think A B C**
- AIRWAY:** Persistent cough, hoarse voice, difficulty swallowing, swollen tongue
- BREATHING:** Difficult or noisy breathing, wheeze or persistent cough
- CONSCIOUSNESS:** Persistent dizziness / pale or floppy, suddenly sleepy, collapse, unconscious

- If ANY ONE (or more) of these signs are present:**
- Administer Adrenaline Autoinjector without delay.
- Lie the adult flat: (if breathing is difficult, allow the adult to sit) Dial 999 for ambulance and say ANAPHYLAXIS (“ANA-FIL-AX-IS”)
- IF IN DOUBT, administer the Adrenaline Autoinjector**
- After giving Adrenaline:**
1. Stay with adult until ambulance arrives, do NOT sit them up
 2. Commence CPR if there are no signs of life
 3. Phone emergency contact
 4. If no improvement after 5 minutes, give a 2nd adrenaline dose using a second Adrenaline Autoinjector device, if available

- Adrenaline Auto Injector**
- There are three different brands of Adrenaline Auto Injectors in the UK
- Jext
 - EpiPen
 - Emerade
- How to administer each device varies by brand, please follow the instructions on the device