

# Allergy Action Plan

Develop an Allergy Alert Plan and share this with colleagues

.....  
is allergic to the following .....  
.....

**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 colleague
  - Call for help if necessary
  - Locate adrenaline autoinjector(s)
  - Give antihistamine
  - Phone the colleagues 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