

Name:

Date of birth:

Emergency contact:

Allergic to:

Mild to Moderate Symptoms

- red raised rash (known as hives or urticaria).
- a tingling or itchy feeling in the mouth.
- swelling of lips, face or eyes.
- stomach pain, vomiting or diarrhoea.

ACTION:

- stay where you are and call for help if necessary
- locate adrenaline auto-injectors
- take antihistamine
- watch for any of the ABC symptoms below.

Watch for signs of **ANAPHYLAXIS** (life-threatening allergic reaction). Anaphylaxis may occur without skin symptoms. Always consider anaphylaxis in someone who has a known allergy and has **SUDDEN BREATHING DIFFICULTY**.

Airways

swelling in the throat, tongue or upper airways, hoarse voice, difficulty swallowing

Breathing

sudden onset wheezing, breathing difficulty, noisy breathing, persistent cough

Circulation

dizziness, feeling faint, sudden sleepiness, confusion, pale clammy skin, loss of consciousness or collapse

If ANY ONE (or more) of these signs are present:

1. **Lie flat with legs raised** (if breathing is difficult, can sit up).
2. **Administer an adrenaline auto-injector without delay** (e.g. EpiPen, Jext).
3. **Dial 999** for an ambulance and say "**ANAPHYLAXIS (ANA-FIL-AX-IS)**".

IF IN DOUBT, give adrenaline

After giving adrenaline:

1. Stay where you are until ambulance arrives, **do NOT stand up**.
2. Phone emergency contact.
3. **If no improvement after 5 minutes, a second adrenaline auto-injector should be used.**
4. Commence CPR if there are no signs of life.



There are two different brands of adrenaline auto-injectors in the UK



Jext



EpiPen

How to administer each device varies by brand, please follow the instructions on the device