

This person has allergies:

[Blank space for allergies]

Name:

[Blank space for name]

DOB:

[Blank space for date of birth]

Mild/moderate reaction

- Swollen lips, face or eyes
- Itchy/tingling mouth
- Mild throat tightness
- Hives or itchy skin rash
- Abdominal pain or vomiting
- Sudden change in behaviour

Action to take:

- Stay with person, call for help if needed
- Locate EURneffy® adrenaline nasal spray
- Give antihistamine:

.....
(if vomited, can repeat dose)

- Phone parent/emergency contact
- Do not take a shower to help with itchy skin, this can worsen the reaction.

Emergency contact details:

1 Name:
Tel:

2 Name:
Tel:

Parental consent: I hereby consent to school staff administering the medicines listed on this action plan.

Signed: [Blank space]
Print: [Blank space]
Date: [Blank space]




Consent is required for children under 16 years (and for young people over 16 unable to give consent themselves) except in an unforeseen emergency.

Watch for signs of ANAPHYLAXIS
(a potentially life-threatening allergic reaction)

Anaphylaxis may occur without skin symptoms: **ALWAYS** consider anaphylaxis in someone with known food allergy who has **SUDDEN DIFFICULTY IN BREATHING**

- | | | |
|--|--|---|
| <p>A AIRWAY</p> <ul style="list-style-type: none"> • Persistent cough • Hoarse voice • Difficulty swallowing • Swollen tongue | <p>B BREATHING</p> <ul style="list-style-type: none"> • Difficult or noisy breathing • Wheeze or persistent cough | <p>C CONSCIOUSNESS</p> <ul style="list-style-type: none"> • Persistent dizziness • Pale or floppy • Suddenly sleepy • Collapse/unconscious |
|--|--|---|

IF ANY ONE (OR MORE) OF THESE SIGNS ABOVE ARE PRESENT:

- 1 Lie flat with legs raised
(if breathing is difficult, allow person to sit)   
- 2 Use Adrenaline nasal spray without delay (EURneffy®) (if breathing is difficult, allow person to sit)
- 3 Dial 999 for ambulance and say ANAPHYLAXIS (“ANA-FIL-AX-IS”)

***** IF IN DOUBT, GIVE ADRENALINE *****

AFTER GIVING ADRENALINE:

1. Stay with child/young person until ambulance arrives, do **NOT** stand them up. Keep them lying down, even if things seem to be getting better.
2. Phone parent/emergency contact. If you are on your own, call a friend or relative and ask them to come over.
3. If no improvement after 5 minutes, give a second dose in the same nostril using a second device, if available.

Commence CPR if there are no signs of life

You can dial 999 from any phone, even if there is no credit left on a mobile. Medical observation in hospital is recommended after anaphylaxis.

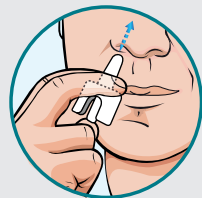
How to administer EURneffy®



1. Hold

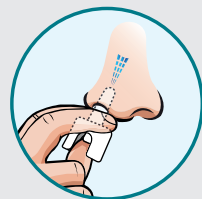
Hold the nasal spray as shown. Hold the nasal spray with your thumb on the bottom of the plunger and one finger on either side of the nozzle.

DO NOT pull or push on the plunger.
DO NOT test or pre-spray; each nasal spray has only one dose.



2. Place

Insert the tip of nasal spray into a nostril until your fingers touch your nose. Keep the nozzle straight into the nose pointed toward your forehead.



3. Press

Press plunger up firmly until it snaps up and sprays into the nostril.
DO NOT angle the nasal spray to the inner or outer walls of the nose.

After using EURneffy® seek emergency medical assistance immediately (dial 999) as you might need further treatment for your anaphylaxis.

This action plan and medical authorisation to carry emergency nasal spray has been prepared by:

Signed and print name: Telephone:

Hospital/clinic: Date: