

Name:

Date of birth:

Emergency contact:

Allergic to:

## Mild to Moderate Symptoms

- nettle rash (known as hives or urticaria) anywhere on the body
- a tingling or itchy feeling in the mouth
- swelling of lips, face or eyes
- stomach pain or vomiting.

## 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 (tightening of the throat, hoarse voice, difficulty swallowing).

### Breathing

- sudden onset wheezing
- breathing difficulty
- noisy breathing.

### Circulation

- dizziness
- feeling faint
- sudden sleepiness
- tiredness
- confusion
- pale clammy skin
- loss of consciousness.

**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, Emerade).
3. **Dial 999** for an ambulance and say "**ANAPHYLAXIS (ANA-FIL-AXIS)**".

**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 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