

Anaphylaxis action plan for children with asthma

Name

Date

D.O.B

Emergency contact number

Is allergic to

If he/she comes into contact with the above or the following symptoms appear then give:

Antihistamine and puffs of the blue inhaler (through the spacer)

- Rash, hives, redness
- Swollen face, lips, eyes
- Itchy, watery eyes
- Sneezing, itchy or runny nose
- Tingling, burning or itching in mouth
- Nausea, vomiting, diarrhoea

If he/she develops any of the following symptoms, give the Adrenaline Auto-Injector (AAI) even if you have not yet given the antihistamine or the blue inhaler

- Swelling of the tongue or throat
- Difficulty in swallowing
- Hoarse voice or cry
- Short of breath or noisy breathing
- Wheezy
- Coughing
- Pale and clammy
- Blue lips
- Drowsy or floppy
- Agitated
- Faint or dizzy
- Collapse

1. Give the AAI immediately into upper outer thigh, through clothing if necessary. Hold in the thigh for 10 seconds, remove it then rub the area for 10 seconds
2. Lie the child down unless they are wheezing or having difficulty breathing
3. Call 999 ask for an ambulance and say 'anaphylaxis'
4. If symptoms have not improved or return after five minutes give the second AAI in the same way
5. If he/she is still having difficulty breathing, give one puff of the blue reliever every minute until breathing improves or help arrives
6. Dispose of AAI safely
7. The child should remain in the Emergency Department for 4–6 hours to be observed

Signed

Position