

# Allergy action plan

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## Patient

Name .....

Date of birth .....

Is allergic to .....

## Symptoms

Please give the medicine listed below if any of these symptoms appear:

Rash, hives, redness of skin

Swollen face, lips, eyelids

Itchy, watery eyes

Sneezing, itchy or runny nose

Tingling, burning or itching in mouth

Nausea, vomiting, diarrhoea

## Medicine

Antihistamine for example, loratadine or cetirizine (6 years and older) .....

If the child also has asthma

If the child comes into contact with any of the allergens, or has the symptoms above give

..... an antihistamine and ..... puffs of the blue inhaler (through a spacer).

## Emergency

Call 999 and ask for an ambulance if any of the following symptoms occur:

Swelling of the tongue or throat

Difficulty in swallowing

Hoarse voice or cry

Shortness of breath or noisy breathing

Wheeze

Cough

Feeling clammy, looking pale

Blue lips

Feeling drowsy or floppy

Agitation

Feeling faint or dizzy

Collapse

To help the ambulance team you may need to know:

- the exact location of the patient
- name and age of the child having the reaction
- what may be causing the symptoms
- if any medicines have already been given

## Immediate help

If the child is having difficulty breathing, help them to sit up

If they are feeling faint or weak, lay them flat with their legs raised up

Try not to move the child until help arrives