

Anaphylaxis action plan

Patient

Name

Is allergic to

Date of birth

Emergency contact number

Connection to patient (e.g. parent or relative)

.....

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)

Other

If the child also has asthma

If the child comes into contact with any of the allergens, or

has these symptoms give

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

Emergency

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

Give the Adrenaline Auto-injector (AAI), call 999 and ask for an ambulance.

Using the adrenaline auto-injector

1. Give the auto-injector immediately into the upper, outer thigh, through their clothing if necessary.
2. Hold in the thigh for 10 seconds, remove it then rub the area for 10 seconds
3. Unless the child is wheezing or having difficulty breathing lie the child down
4. Call 999, ask for an ambulance and say anaphylaxis
5. If symptoms have not improved or they return after five minutes, give the second injection in the same way
6. The child should remain in A&E for 4 to 6 hours for observation

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 the child is feeling faint or weak, lay them flat with their legs raised up
Try not to move the child until help arrives