

ANAPHYLAXIS ACTION PLAN

For use with EpiPen® adrenaline autoinjectors

Name:
DOB:
Allergens (if known):

Emergency contact:
Plan prepared by:
Date:

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

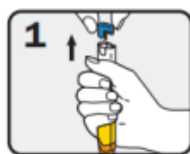
ANY ONE OF THESE SYMPTOMS*:

- AIRWAY**
- Swelling/tightness in throat
 - Difficulty talking/hoarse voice
 - Tongue Swelling causing difficulty in breathing or swallowing
- BREATHING:**
- Difficult/noisy breathing
 - Wheeze or persistent cough
- CIRCULATION:**
- Persistent dizziness or Fainting
 - Collapse/Loss of consciousness

* **Sudden onset of Abdominal Pain and/or Vomiting** can be sign of a severe reaction **for venom allergy.**

Individual instructions (if any):

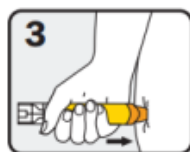
How to give EpiPen®



1 Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE





2 Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)



3 PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds REMOVE EpiPen®

ACTION PLAN

1. Use your EpiPen without delay. 
 2. Call 999 for ambulance* and say anaphylaxis (“ana-fil-ax-is”). 
 3. Keep lying flat with your feet up. If breathing is difficult you can sit. Do not stand or walk. If pregnant, lie on left side.
 4. Call emergency contact.
 5. Use a second EpiPen®, if there is no improvement over 5 minutes and ambulance has not arrived.
- **If in doubt, use your EpiPen®.**
 - Always use EpiPen® first, and then asthma reliever (if asthma reliever available), even if sudden breathing difficulty is the only problem.
 - -Supporting individual: Commence CPR at any time if person is unresponsive
 - *You can dial 999 from any phone, even if there is no credit left on a mobile phone. Medical observation in hospital is recommended after anaphylaxis.

For more information on anaphylaxis visit:



www.allergyuk.org



www.anaphylaxis.org.uk

Keep your EpiPen® at room temperature, and away from direct sunlight. For more information on your EpiPen® and to register for a free Expiry Alert Service visit www.epipen.co.uk

Note: If Adrenaline is accidentally injected (e.g. into a thumb), seek urgently medical attention.

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MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, or eyes
- Tingling mouth
- Hives or welts
- Abdominal pain/vomiting

ACTION PLAN

1. Locate your EpiPen®.
 2. Take antihistamines as advised:
 3. Call emergency contact.
- **Watch for worsening and/or new symptoms.**
 - **If in doubt, use your EpiPen®.**