

ANAPHYLAXIS

(Severe allergic reaction)

What to look out for:



Symptoms can happen quickly and affect more than one part of the body.



SWELLING

Lips, eyes, tongue or throat swelling



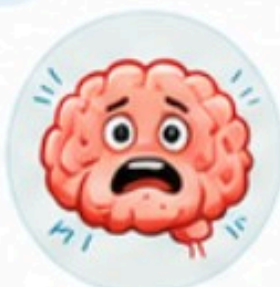
BREATHING

Difficulty breathing, wheezing or change in voice



FEELING FAINT

Dizziness, weakness or fainting



SENSE OF DOOM

A sudden feeling that something is very wrong



SKIN

Rash, itching, hives



TUMMY

Severe tummy pain, nausea or vomiting



Act fast – use an adrenaline device and call emergency services.



What to do in an allergic emergency



Anaphylaxis is a medical emergency – act immediately!



Follow the emergency plan in the kit (if available)

1

Use the adrenaline device immediately.



INJECTOR

OR



NASAL SPRAY

2

Position the person:

- If the person has trouble breathing, keep them sitting.
- If the person is feeling faint, lie them flat with feet slightly elevated.



3

Call 112 and say 'anaphylaxis'

Give location and stay on the line

112



4

If prescribed, use asthma inhaler after adrenaline



5

If no improvement, give a second adrenaline dose after 5–10 minutes.



5–10
min.

6

Follow the emergency plan for further treatment.



Always keep the emergency kit within reach.

