



<http://oeapng.info>

Frequently Asked Questions – How do I recognise and manage an allergic reaction/anaphylaxis?

The Department of Health "Guidance on the use of adrenaline auto-injectors in schools" 2017 contains the following useful emergency reminder:

Signs and symptoms of Allergic reaction include:

Mild-moderate allergic reaction:

- Swollen lips, face or eyes.
- Itchy/tingling mouth.
- Hives or itchy skin rash.
- Abdominal pain or vomiting.
- Sudden change in behaviour.

ACTION:

- Stay with the child, call for help if necessary.
- Locate adrenaline auto-injector(s).
- Give antihistamine according to the child's allergy treatment plan.
- Phone parent/emergency contact.



Watch for signs of ANAPHYLAXIS (life-threatening allergic reaction):

Airway:

Persistent cough.
Hoarse voice.
Difficulty swallowing, swollen tongue.

Breathing:

Difficult or noisy breathing.
Wheeze or persistent cough.

Consciousness:

Persistent dizziness.
Becoming pale or floppy.
Suddenly sleepy, collapse, unconscious.

IF ANY ONE (or more) of these signs are present:

1. Lie the child flat with legs raised: (if breathing is difficult, allow the child to sit).
2. Use the Adrenaline auto-injector without delay.
3. Dial 999 to request an ambulance and say ANAPHYLAXIS.

***** IF IN DOUBT, GIVE ADRENALINE *****

Continued

After giving Adrenaline:

1. Stay with child until the ambulance arrives, do NOT stand the child up.
2. Commence CPR if there are no signs of life.
3. Phone parent/emergency contact.
4. If no improvement **after 5 minutes, give a further dose** of adrenaline using another auto-injector device, if available.

Anaphylaxis may occur without initial mild signs: **ALWAYS use adrenaline auto-injector FIRST in someone with known food allergy who has SUDDEN BREATHING DIFFICULTY** (persistent cough, hoarse voice, wheeze) – even if no skin symptoms are present.

The full departmental advice is available at:

<https://www.gov.uk/government/publications/using-emergency-adrenaline-auto-injectors-in-schools>

If this link does not work, try pasting it into your browser and removing any rogue spaces.

Further information on the recognition and management of allergies in general and anaphylaxis in particular is available from:

<http://www.allergyuk.org>

<http://www.anaphylaxis.org.uk>

