

ANAPHYLAXIS ACTION PLAN

Ruth's suggestions for the allergic person and anyone who is with them.

Is this an anaphylactic reaction? Possible symptoms:

- generalised flushing of the skin
- nettle rash (hives) anywhere on the body
- sense of impending doom
- swelling of throat and mouth
- difficulty swallowing or speaking
- runny nose and watering eyes
- alterations in heart rate
- severe asthma
- abdominal pain, nausea and vomiting
- sudden feeling of weakness (drop in blood pressure)
- collapse and unconsciousness

Nobody would necessarily experience all of these symptoms.

Courtesy of the
Anaphylaxis Campaign
www.anaphylaxis.org.uk
01252 542029

If you think this is an anaphylactic attack:

1. Call 999

- Give clear instructions of location and easy access.
- Alert telephone operative that the patient may need resuscitation and is suffering an anaphylactic attack.
- Ensure doors are unlocked to allow access.
- If sufficient people are available send someone to stand in street to direct the ambulance.

Make sure you, or who ever is having the attack, is not left alone.

2. Get out your EpiPen and inject yourself on the outer side of the thigh, midway between hip and knee.

- Locate the EpiPen, which should be kept in a carrier, handbag or pocket in a pouch with **Medical Kit** clearly visible on the outside.
- If you are unable to administer the EpiPen yourself ask whoever is with you to help **immediately**.
- There is no need to remove any clothing.



- **Pull off gray activation cap.**
- **Hold the black tip near the outer thigh (always apply to the thigh).**
- **Swing and jab firmly into outer thigh until autoinjector mechanism functions.**



- **Hold in place and count to 10.**
- **Remove the EpiPen and massage the injection area for 10 seconds.**
- 3. **Take 2-3 anti-histamines or liquid Piriton**
- 4. **Call emergency contacts:**
(add emergency next of kin details)
- 5. If you or whoever is having the attack has a **Medic Alert** or **SOS Talisman** bracelet or necklace someone should call the organisation to get the full medical details:
Medic Alert 0800 581 420
SOS Talisman 0141 639 7090
(Include patient registration number etc here.)
- 6. Make sure that whoever is having the attack is not left alone. Try to keep calm ensure that whoever is having the attack stays sitting still in a chair. Do not allow them to lie down or to walk around and panic.
- 7. As soon as the attack is over and you are feeling better, request replacement EpiPens.

Other useful numbers:

Doctor
Place of work
Home address and phone number
Patients own personal details