

Action plan for Anaphylaxis

SEVERE ALLERGIC REACTIONS

MILD TO MODERATE ALLERGIC REACTION

- swelling of lips, face, eyes
- hives or welts
- abdominal pain, vomiting

ACTION

- stay with person and call for help
- give medications (if prescribed)
- locate EpiPen® or EpiPen® Jr
- contact family/carer



**watch for signs
of Anaphylaxis**

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

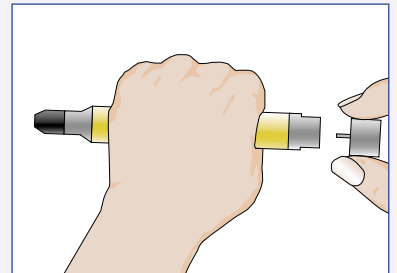
- difficulty/noisy breathing
- swelling of tongue
- swelling/tightness in throat
- difficulty talking and/or hoarse voice
- wheeze or persistent cough
- loss of consciousness and/or collapse
- pale and floppy (young children)

ACTION

- 1 Give EpiPen® or EpiPen® Jr**
 - 2 Call ambulance. Telephone 000**
 - 3 Contact family/carer**
- If in doubt, give EpiPen® or EpiPen® Jr**

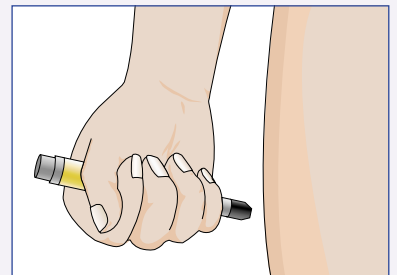
How to give EpiPen® or EpiPen® Jr

1



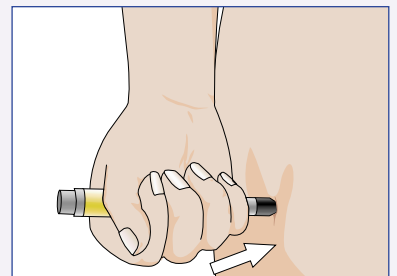
Form fist around EpiPen® and pull off grey cap.

2



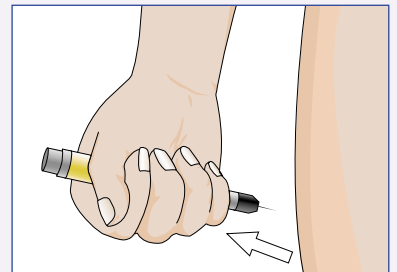
Place black end against outer mid-thigh.

3



Push down **HARD** until a click is heard or felt and hold in place for 10 seconds.

4



Remove EpiPen® and be careful not to touch the needle. Massage the injection site for 10 seconds.