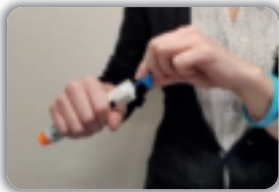


Name

Allergens
(if known)

Prepared by:
(doctor / nurse)

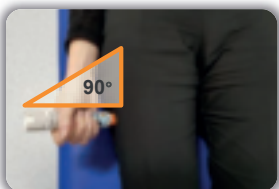
How to use the Epipen® adrenaline auto-injector



1. Remove **Blue** safety cap



2. Form a fist around the adrenaline auto-injector



3. Jab the **Orange** tip against the outer thigh



4. Press the tip firmly against your outer thigh, holding it for 10 seconds



5. Remove the adrenaline auto-injector and massage the area for 10 seconds

ACTION PLAN FOR ANAPHYLAXIS

For use with Epipen® adrenaline auto-injectors

Mild to moderate allergic reaction

- Swelling of lips, face, eye lids
- Urticaria (hives) or wheals; red raised itchy rash
- Tingling / itchy lips, mouth, tongue
- Abdominal pain/cramps, vomiting (once)

Action

1. **Stay calm** – sit or lie down
2. **Take a non-drowsy antihistamine**, 2 tablets → e.g. cetirizine
3. **Call for help** – ring an emergency contact
4. Have your adrenaline auto-injector (Epipen®) ready just in case
5. **Watch out for worsening or new symptoms**

Sometimes mild to moderate allergic reactions may progress to anaphylaxis

ANAPHYLAXIS (severe allergic reaction)

- Difficult / noisy breathing
- Swelling of tongue (large, with breathing problems)
- Swelling/tightness in throat
- Difficult talking and/or hoarse voice
- Wheeze or persistent cough with other signs of allergy (if *isolated wheeze* → treat as asthma with reliever - blue inhaler)
- Dizziness or collapse
- Pale and floppy (young children)
- Severe and persistent vomiting and/or diarrhoea, associated with other signs or symptoms of allergy

Action

1. **Lie down, if possible with legs raised.** Do not try to stand or walk. If breathing is difficult, try to sit.
2. **Use your adrenaline auto-injector (Epipen®) immediately**
3. **Call ambulance → 999; say 'anaphylaxis'***
4. Call emergency contact/family
5. **If symptoms do not improve or return after 5 - 15 minutes, you can use a second adrenaline auto-injector**
6. If unsure whether it is asthma or anaphylaxis → **ALWAYS use your adrenaline auto-injector FIRST, and then your asthma reliever inhaler** (if you have sudden breathing difficulty - including wheeze, persistent cough or hoarse voice, even if there are no skin signs, and have asthma and an allergy to foods, insects or medication)

If in doubt, use the adrenaline auto-injector

*Medical assessment and observation in hospital for 6 to 12 hours is recommended after anaphylaxis