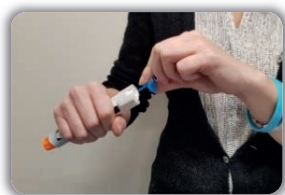


Name	
Allergens (if known)	
Prepared by: (doctor / nurse)	

### 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