

Allergic Reactions



Name:	Date of birth: DD / MM / YYYY			
Confirmed allergen(s):				
Family/emergency contact(s):				
1	Mobile:			
2	Mobile:			
Plan prepared by:	(doctor or nurse practitioner)			
who authorises medications to be given, as consented	by the patient or parent/guardian,			
according to this plan.				
Signed:	Date: D / MM / YYYY			
Antihistamine:	Dose:			

This plan does not expire but review is recommended by: DD / MM / YYYY

MILD TO MODERATE ALLERGIC REACTIONS

SIGNS

- · Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting these are signs of anaphylaxis for insect allergy

Mild to moderate allergic reactions may not always occur before anaphylaxis

ACTIONS:

This ASCIA Action Plan for Allergic Reactions is for people who have allergies but do not have a prescribed adrenaline (epinephrine) device.

- Stay with person, call for help
- Give antihistamine see above
- Phone family/emergency contact
- Insect allergy flick out sting if visible
- Tick allergy seek medical help or freeze tick and let it drop off

SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTIONS)

Watch for ANY ONE of the following signs:

- · Difficult or noisy breathing
- Swelling of tongue
- Swelling or tightness in throat
- · Wheeze or persistent cough

- · Difficulty talking or hoarse voice
- Persistent dizziness or collapse
- Pale and floppy (young children)

ACTIONS FOR ANAPHYLAXIS

1 LAY PERSON FLAT - do NOT allow them to stand or walk

- If unconscious or pregnant, place in recovery position - on left side if pregnant
- If breathing is difficult allow them to sit with legs outstretched
- Hold young children flat, not upright









2 GIVE ADRENALINE DEVICE IF AVAILABLE

- 3 Phone ambulance 000 (AU) or 111 (NZ)
- 4 Phone family/emergency contact
- 5 Transfer person to hospital for at least 4 hours of observation

IF IN DOUBT GIVE ADRENALINE DEVICE

Commence CPR at any time if person is unresponsive and not breathing normally

ALWAYS GIVE ADRENALINE DEVICE FIRST and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication (who may have been exposed to the allergen) has **SUDDEN BREATHING DIFFICULTY** (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms.

If adrenaline is accidentally injected, phone your local poisons information centre. Continue to follow this action plan for the person with the allergic reaction.