

## ANAPHYLAXIS ACTION PLAN

Name:  
Age:  
Address:  
Phone:  
I am allergic to:

### Am I having an Anaphylactic attack?

Possible allergy symptoms:

- generalised flushing of the skin
- nettle rash (hives) anywhere on the body
- sense of impending doom
- swelling of throat and mouth
- difficulty in 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.

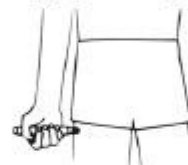
Courtesy of the Anaphylaxis Campaign - [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

### EpiPen® and EpiPen® Jr. Directions

- Pull off gray activation cap.



- Hold black tip near outer thigh (always apply to thigh).



- Swing and jab firmly into outer thigh until Auto-Injector mechanism functions. Hold in place and count to 10. Remove the EpiPen® unit and massage the injection area for 10 seconds.

### IF YOU THINK I AM HAVING AN ANAPHYLACTIC ATTACK:

**1. Call 999** – Clearly giving instructions of **location** and **easy access**. Alert telephone operative that the patient may need resuscitation and is suffering an anaphylactic attack. Ensure doors unlocked to allow access. If sufficient people there send someone to stand in street to direct ambulance. **DO NOT LEAVE THE PATIENT ALONE.**

**2. ADMINISTER EPIPEN ADRENALINE INTO THE OUTER SIDE OF THE THIGH, MIDWAY BETWEEN KNEE AND HIP. HOLD IN PLACE FOR 10 SECONDS THEN MASSAGE THE AREA FOR A FURTHER 10 SECONDS.** (Locate the EpiPen, kept in handbag in a black pouch with Medical Kit in yellow on the outside.) If the patient is unable to administer the EpiPen themselves please take over and administer **IMMEDIATELY**. There is no need to remove any clothing.

**3. Take 2-3 Anti-histamines** or liquid Piriton

**4. Call emergency contacts:**

INCLUDE EMERGENCY NEXT OF KIN DETAILS HERE

**5. Call Medic Alert or SOS:**

IF THE PATIENT HAS A MECIC ALERT NECKLACE OF SIMILAR – INCLUDE DETAILS HERE:

**6. Don't leave patient alone** – If you are there when the attack takes place, try to keep calm and ensure the patient stays sitting still in a chair. Do not allow them to lie down or to walk around and panic.

**7. Immediately request replacement EpiPens.**

Other useful numbers: Patients Doctor, Place of work, Home address and phone number, Patients own personal details.