Action plan for Anaphylaxis

For use with EpiPen® or EpiPen® Jr adrenaline autoinjectors (with blue safety release and orange needle end)

Mild to Moderate Allergic Reaction

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of a severe allergic reaction to insects)

Action

- For insect allergy, flick out sting if visible. Do not remove ticks
- Stay with person and call for help
- Give medications (if prescribed) dose:
- Locate EpiPen® or EpiPen® Jr
- Contact family/emergency contact

Watch for any one of the following signs of Anaphylaxis

Anaphylaxis (Severe Allergic Reaction)

- Difficult/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (young children)

Action

1. Lay person flat, do not stand or walk. If breathing is difficult allow to sit
2. Give EpiPen® or EpiPen® Jr
3. Phone ambulance* - 000 (AU), 111 (NZ), 112 (mobile)
4. Contact family/emergency contact
5. Further adrenaline doses may be given if no response after 5 minutes (if another adrenaline autoinjector is available)

If in doubt, give EpiPen® or EpiPen® Jr

EpiPen® Jr is generally prescribed for children aged 1.5 years.

*Medical observation in hospital for at least 4 hours is recommended after anaphylaxis.

Additional information