

ACTION PLAN FOR ANAPHYLAXIS

A useful take-home reminder about your **EpiPen®** (adrenaline) auto-injector or **EpiPen® Jr** (adrenaline) auto-injector and the steps to take if you believe you have come into contact with your allergen.

Name	
Allergens (if known)	
MY EPIPEN® (adrenaline) auto-injector is kept	
Allergy medication	
Asthma medication	
Name and Tel no. of GP	

SEVERE ALLERGIC REACTION (ANAPHYLAXIS) WHAT TO WATCH OUT FOR*

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

WHAT TO DO

- 1 INJECT EPIPEN® (adrenaline) auto-injector immediately**
- 2 Use blue inhaler** if prescribed
- 3 Ring 999** and emergency contact
- 4 If symptoms don't improve, you can administer a second EpiPen® (adrenaline) auto-injector after 5-15 minutes**

MILD-TO-MODERATE ALLERGIC REACTION WHAT TO WATCH OUT FOR*

- Red raised itchy rash
- Swelling of face/lips/eyelids
- Being sick
- Stomach ache

WHAT TO DO

- 1 Stay calm** - sit or lie down, avoid exercise
- 2 Take an antihistamine**
- 3 Ring** emergency contact
- 4 Watch out** for worsening of symptoms
- 5 Have your EpiPen® (adrenaline) auto-injector ready** just in case

*This is not a full list of symptoms, always speak to your doctor about what you should watch out for.

Emergency contact name(s)	
Work Tel no.	
Home Tel no.	
Mobile no.	

EPIPEN® EPIPEN® Jr
(Adrenaline) Auto-Injectors 0.3/0.15mg

(ATTACH PHOTO HERE)

HOW TO USE YOUR EPIPEN® (ADRENALINE) AUTO-INJECTOR OR EPIPEN® JR (ADRENALINE) AUTO-INJECTOR

STEP 1

Lie down with legs slightly elevated or sit up if breathing is difficult



STEP 2

Grasp your **EpiPen®** (adrenaline) auto-injector in your dominant hand with the blue safety cap closest to your thumb and remove cap



STEP 3

Hold your **EpiPen®** (adrenaline) auto-injector about 10 cm away from your leg and **swing and jab** the orange tip into the upper outer thigh at a 90° angle

Hold in place for 10 seconds

Remove the **EpiPen®** (adrenaline) auto-injector and massage injection site for at least 10 seconds



STEP 4

You must dial 999, ask for an ambulance and **state 'anaphylaxis'** (pronounced 'anna - fill - axis') immediately after administering the **EpiPen®** (adrenaline) auto-injector

Do not get up, stay lying down or seated until you have been assessed by a paramedic