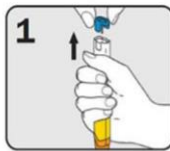


# ANAPHYLAXIS ACTION PLAN

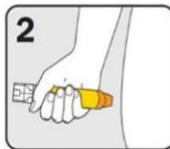
For use with EpiPen® adrenaline autoinjectors

## How to give EpiPen®

adrenaline (epinephrine) autoinjectors



1. Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE



2. Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)



3. PUSH DOWN HARD until a click is heard or felt and hold for 3 seconds REMOVE EpiPen®



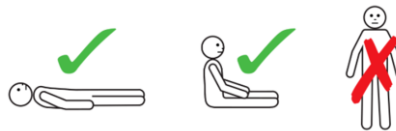
## ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

### ANY ONE OF THESE SYMPTOMS:

- AIRWAY:** -Swelling of the tongue  
-Swelling/tightness of the throat  
-Difficulty talking/ hoarse voice
- BREATHING:** -Difficult/ noisy breathing  
-Wheeze or persistent cough
- CIRCULATION:** - Persistent dizziness or collapse  
-Loss of consciousness

## ACTION PLAN

1. Lie flat with your feet up until help arrives. You can sit if breathing is difficult, but do not stand or walk.



2. Use your EpiPen®.
3. Call 999 for an ambulance\* and say that you are having anaphylaxis (Ana-fill-ax-is).
4. If wheezy and you have a blue inhaler, take 10 puffs via spacer.
5. Take 2 tablets of antihistamine (e.g. Cetirizine)
6. If there is no improvement over 5 minutes, use your second EpiPen®.

**IF IN DOUBT, USE YOUR EPIPEN®**

\*You can dial 999 from any phone, even if there is no credit left on a mobile phone. Medical observation is recommended after anaphylaxis

### Useful websites:



Supporting people at risk of severe allergies

[www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)



[www.allergyuk.org](http://www.allergyuk.org)



[www.epipen.co.uk](http://www.epipen.co.uk)



[www.medicalert.org.uk](http://www.medicalert.org.uk)

## MILD TO MODERATE ALLERGIC REACTIONS

- Swelling of lips, face or eyes
  - Hives or welts
  - Abdominal pain or vomiting
  - Tingling mouth
- Treat these with antihistamine e.g. Cetirizine. Take 1-2 tablets immediately.

## USEFUL INFORMATION

- Store EpiPen® at room temperature - do not refrigerate.
- Keep EpiPen® away from direct sunlight.
- Make sure that your EpiPen® is in date
- Consider carrying a medic alert ID
- EpiPen.co.uk website offers:
  - an expiry alert service
  - Free trainer device
  - demonstration video on EpiPen® use
  - a travel certificate to carry EpiPen®