

This child is at risk of a severe allergic reaction

Name

Date of birth

Known severe allergies

Parent/carer name(s)

Home tel

Work tel

Mobile tel

Plan prepared by

Dr/nurse

Signed

Date

Child action plan 3 for allergic reactions

Mild to moderate allergic reaction

- swelling of lips, face, eyes
- hives or welts
- abdominal pain, vomiting

Action

Name, dose of antihistamine

- stay with child and call for help
- give antihistamine – if vomited, repeat dose
- give 6 puffs of salbutamol or terbutaline using a spacer
- contact parent/carer

Chlorpheniramine (Piriton)[®]

or

Watch for signs of anaphylaxis

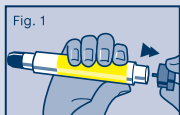
Anaphylaxis (severe allergic reaction)

- 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)

Action

- give the adrenaline auto-injector (EpiPen[®], EpiPen[®]Jr or Anapen[®]) immediately
- lay child flat and raise legs (if breathing is difficult, allow to sit but do not stand)
- dial 999 for an ambulance
- say "this is an emergency case of **anaphylaxis**" (*ana-fi-lax-is*)
- contact parent/carer
- if child has not improved in 5 to 10 minutes, give second adrenaline auto-injector and 10 puffs of salbutamol or terbutaline
- give soluble prednisolone:

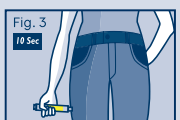
How to give EpiPen[®] or EpiPen[®] Jr.



- ▶ Grasp EpiPen[®] in dominant hand, with thumb closest to grey safety cap
- ▶ With other hand, pull off grey safety cap (Fig. 1)



- ▶ Jab firmly into outer thigh, through clothing if necessary (Fig. 2)



- ▶ Hold in place for 10 seconds (Fig. 3)
- ▶ Massage injection area for 10 seconds