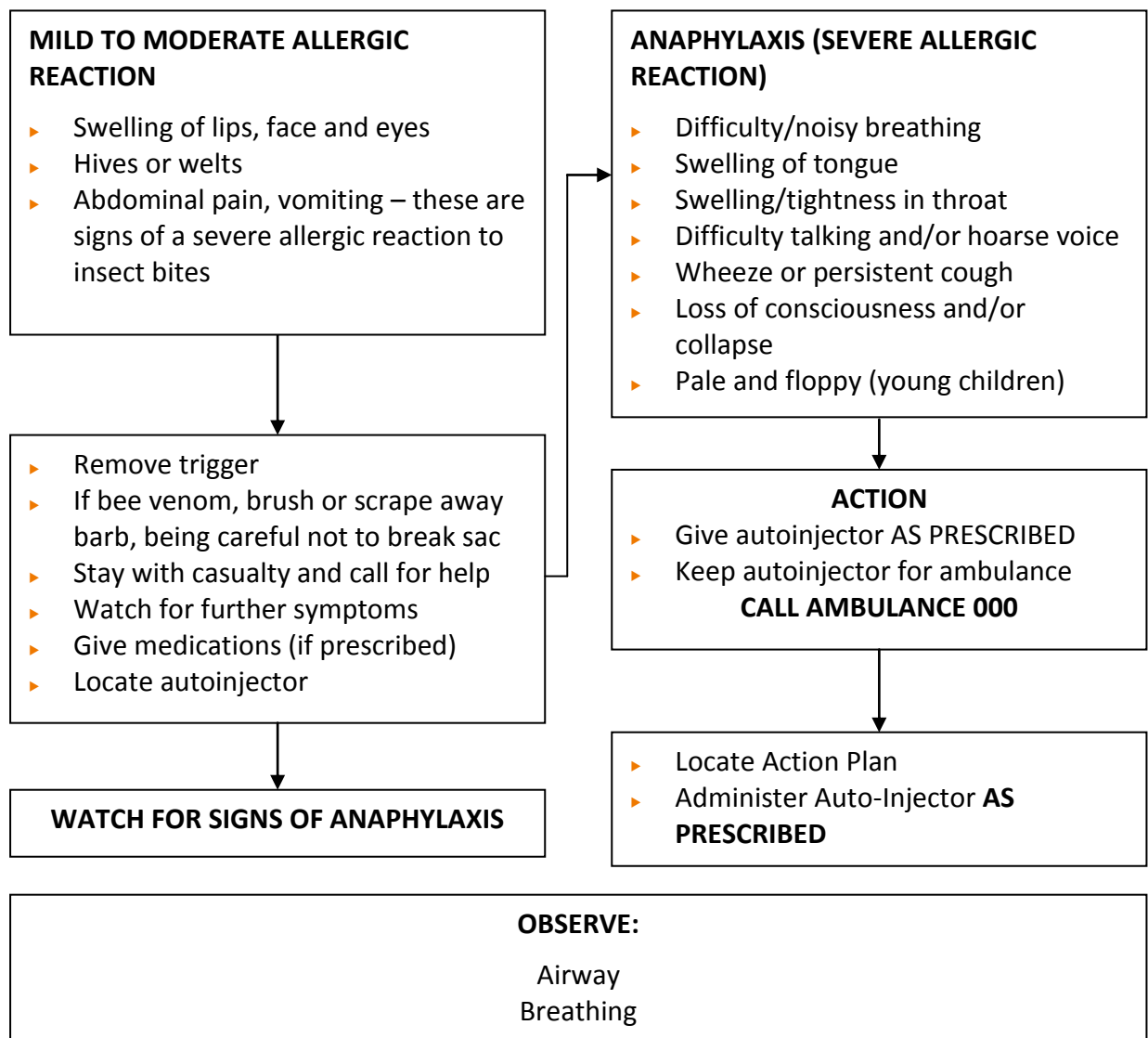




## A FIRST AID GUIDE FOR EDUCATION AND CHILDREN'S SERVICES ALLERGIC REACTION / ANAPHYLAXIS (SEVERE ALLERGY)

Some people are allergic to certain foods, chemicals, medications and venoms following a sting. An allergic reaction can be severe and can be fatal within a matter of minutes if prompt medical treatment is not available. Most sufferers of Anaphylaxis have an Anaphylaxis Action Plan and medication. See ASCIA Action Plan.

**Are the following signs or symptoms present?**



**TO CALL AMBULANCE: Dial out, then call Triple Zero (000)**  
Say what State you are calling from, the person's condition and location

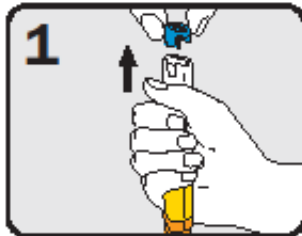
**INFORM EMERGENCY CONTACTS  
in accordance with DECD  
guidelines**

Department for Education and Child Development SA with expert advice from Australian Red Cross and Australasian Society of Clinical Immunology and Allergy (ASCIA)

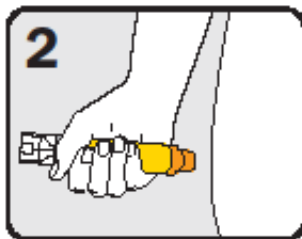
These guidelines do not replace First Aid training. Australian Red Cross recommends that everyone is trained in First Aid.

For use with EpiPen® adrenaline autoinjectors

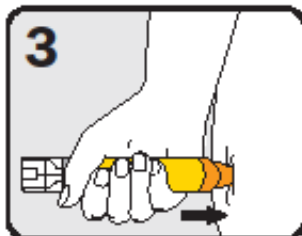
## How to give EpiPen®



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



**PLACE ORANGE END** against outer mid-thigh (with or without clothing).



**PUSH DOWN HARD** until a click is heard or felt and hold in place for 10 seconds.  
 Remove EpiPen®. Massage injection site for 10 seconds.

Instructions are also on the device label and at [www.allergy.org.au/anaphylaxis](http://www.allergy.org.au/anaphylaxis)

## MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of anaphylaxis for insect allergy)

## ACTION FOR MILD TO MODERATE ALLERGIC REACTION

- For insect allergy, flick out sting if visible. Do not remove ticks.
- Stay with person and call for help.
- Locate EpiPen® or EpiPen® Jr adrenaline autoinjector.
- Phone family/emergency contact.

**Mild to moderate allergic reactions may not always occur before anaphylaxis**

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 FOR ANAPHYLAXIS

- 1 Lay person flat. Do not allow them to stand or walk. If breathing is difficult allow them to sit.**
- 2 Give EpiPen® or EpiPen® Jr adrenaline autoinjector.**
- 3 Phone ambulance\*: 000 (AU) or 111 (NZ).**
- 4 Phone 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 adrenaline autoinjector**

**Commence CPR at any time if person is unresponsive and not breathing normally.**

EpiPen® is generally prescribed for adults and children over 5 years.

EpiPen® Jr is generally prescribed for children aged 1-5 years.

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

## IF UNCERTAIN WHETHER IT IS ANAPHYLAXIS OR ASTHMA

- Give adrenaline autoinjector **FIRST**, then asthma reliever.
- If someone with known food or insect allergy suddenly develops severe asthma like symptoms, give adrenaline autoinjector **FIRST**, then asthma reliever.