



Are you
allergy
aware?

250K AN ALLERGY
AWARENESS
PROJECT

**national
allergy
strategy**

A horizontal bar with five colored segments: orange, blue, green, black, and white.

ascia
australian society of
clinical immunology and allergy

A logo consisting of a triangle divided into four smaller triangles, each with a different symbol: a blue triangle with a white wave, a red triangle with a white cross, a yellow triangle with a white flower, and a white triangle with a red cross.

Allergy & Anaphylaxis
Australia

What is allergy?

An allergy is when the immune system reacts to substances (allergens) in the environment which are usually harmless, such as food, pollens, dust mites and insects.

People with allergies to triggers in the environment can get hay fever and asthma like symptoms such as:

- Runny nose, sneezing and itchy eyes
- Cough, tight chest and get out of breath



Why do people have allergies?

- Sometimes it's because their parents have allergies
- Most of the time we just don't know
- Lots of research is being undertaken to try to find out why
- You can't catch an allergy from someone else



People can be allergic to:

- Food
- Insects (e.g. bees, wasps, ants) and ticks
- Medicines (including alternate medicines and illegal drugs)
- Things in the environment (e.g. dust mite, pollen, pet dander, mould)



Most people know about peanut allergy, but lots of other foods can cause allergic reactions that are just as severe.





Symptoms of an allergic reaction can include:

- Itchy red skin and lumps called hives
- Face swelling
- Bad coughing and finding it hard to breathe
- Tummy ache and vomiting
- Dizziness or collapse

Sometimes an allergic reaction can be so severe, that a person with allergies will need emergency medicine (EpiPen[®]) quickly and then they need to go to hospital by ambulance

This is called anaphylaxis which is the most severe type of allergic reaction



Unfortunately there is no cure for allergies. The only way a person with allergies can prevent a reaction is to avoid what they are allergic to.

How can you help?



Take allergies seriously

1. Never share your food with them unless they can read the ingredients themselves
2. Ask them what they're allergic to and what you can do to help
3. Get help from an adult if someone with allergy feels sick, even if they don't want you to get help
4. Don't tease, trick, bully or joke about their allergy



What can you do to help when a friend has a severe allergic reaction?

- Immediately get help from an adult
- If no adult is nearby, a friend should run to get one ASAP
- The person having an allergic reaction should stay where they are and lay on the ground(or sit on ground if it's hard to breathe) while an adult quickly brings the emergency medicine to them - they should NOT stand or walk



What can you do to help when a friend has a severe allergic reaction? cont.

- If the person having an allergic reaction has their emergency medicine (EpiPen®) with them, they should give it to themselves immediately if they're able or it should be given by someone else if they are too unwell
- The ASCIA Action Plan for Anaphylaxis is an emergency response plan and instructions should be followed



ascia
www.allergy.org.au

ACTION PLAN FOR Anaphylaxis
For EpiPen® adrenaline (epinephrine) autoinjectors

Name: _____
Date of birth: _____

SIGNS OF 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 stung if visible
- For food allergy - freeze dry spit and allow to drop off
- Stay with person and call for help
- Locate EpiPen® or EpiPen® Jr adrenaline autoinjector
- Give other medications (if prescribed)
- Phone family/emergency contact

Confirmed allergens: _____

Family/emergency contact number(s): _____

Work Pt: _____
Home Pt: _____
Mobile Pt: _____
Plan prepared by medical or nurse practitioner: _____

Handy, softener medicines specified in this plan to be administered according to the plan.

Date: _____
Action Plan due for review: _____

Mild to moderate allergic reactions (such as hives or swelling) may not always occur before anaphylaxis.

WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

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

ACTION FOR ANAPHYLAXIS

- 1 Lay person flat - do NOT allow them to stand or walk
 - If unconscious, place in recovery position
 - If breathing is difficult allow them to sit
- 2 Give EpiPen® or EpiPen® Jr adrenaline autoinjector
- 3 Phone ambulance - 000 (AE) or 111 (NZ)
- 4 Phone family/emergency contact
- 5 Further adrenaline doses may be given if no response after 5 minutes
- 6 Transfer person to hospital for at least 4 hours of observation

If in doubt give adrenaline autoinjector

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

ALWAYS give adrenaline autoinjector FIRST, and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has SUDDEN ONSET/INCREASING DIFFICULTY (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms.

Always release medication immediately:

All EpiPen® products are used in place of a second injection of adrenaline or second dose.

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Further information:

250K – an allergy aware project for teens and young adults

250k.org.au

Allergy & Anaphylaxis Australia

allergyfacts.org.au

Australasian Society of Clinical Immunology and Allergy
(ASCIA)

allergy.org.au

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