**FIRST AID PLAN FOR Anaphylaxis**

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

**ACTION FOR MILD TO MODERATE ALLERGIC REACTION**

- For insect allergy - flick out sting if visible
- For tick allergy seek medical help or freeze tick and let it drop off
- Stay with person, call for help and locate adrenaline injector
- Phone family/emergency contact

**ACTION FOR ANAPHYLAXIS**

1. **LAY PERSON FLAT** - do NOT allow them to stand or walk
   - If unconscious or pregnant, place in recovery position - on left side if pregnant, as shown below
   - If breathing is difficult allow them to sit with legs outstretched
   - Hold young children flat, not upright

2. **GIVE ADRENALINE INJECTOR**

3. Phone ambulance - 000 (AU) or 111 (NZ)
4. Phone family/emergency contact
5. Further adrenaline 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 INJECTOR**

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

**WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS**

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

**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

**FOR USE WITH ADRENALINE (EPINEPHRINE) INJECTORS** - refer to the device label or scan QR code below for instructions

Translated versions of this document are on the ASCIA website www.allergy.org.au/anaphylaxis#ta5

Adrenaline injectors are given as follows:
- 150 mcg for children 7.5-20kg
- 300 mcg for children over 20kg and adults
- 300 mcg or 500 mcg for children and adults over 50kg

**Adrenaline injectors are given as follows:**

1. **LAY PERSON FLAT** - do NOT allow them to stand or walk
2. **GIVE ADRENALINE INJECTOR**
3. Phone ambulance - 000 (AU) or 111 (NZ)
4. Phone family/emergency contact
5. Further adrenaline 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 INJECTOR**

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

**Note:** If adrenaline is accidentally injected (e.g., into a thumb) phone your local poisons information centre. Continue to follow this first aid plan for the person with the allergic reaction.