

Adult Allergy Clinic

Severe Allergic Reaction

Action Plan (Pull out and keep)



2. Severe symptoms

(possibly life-threatening, but rare)

- **Severe difficulty in breathing** including either hoarseness, noisy or wheezy breathing or croupy or choking cough
- **Decreased level of consciousness:** dizziness, faintness, floppy, very pale, blue lips, unresponsive.
- **Collapse**

ACTION

1. **Do not leave the person alone**
2. **If decreased level of consciousness, place the person on their side in a comfortable position. If breathing difficulties, a supported sitting position will be better. Give repeated reassurance.**
3. **Inject the EPIPEN in the upper, outer side of thigh. Note the time of injection. (Do not wait for the ambulance to arrive or medical advice before giving the EpiPen.)**
4. **Place in recovery position if unconscious. Attempt resuscitation if necessary.**
5. **Phone 999 – ask a responsible person to phone for an ambulance stating you have a person with anaphylaxis.**
6. **If no improvement after 10 minutes, a second EpiPen can be given. Note the time.**
7. **Ensure the EpiPen is disposed of safely.**

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@ouh.nhs.uk**

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