

Mild to moderate allergic reaction

Action Plan

(Pull out and keep)

If you have a specific requirement, need an interpreter,
a document in Easy Read, another language, large print,
Braille or audio version, please call **01865 221 473**
or email **PALSJR@ouh.nhs.uk**

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March 2016
Review: March 2019
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Mild to moderate allergic reaction Action Plan

Name: D.O.B.

Known allergies:

Contact parents/guardian:

Contact GP:

Mild or moderate symptoms

Tingling, itching or burning sensation in the mouth

Rapid development of nettle rash/ wheals/hives (urticaria)

Intense itching

Swelling, particularly of the face

Feeling hot or very chilled

Rising anxiety/feeling scared

Pale or flushed

Abdominal (tummy) pain

Nausea and/or vomiting

Take action!

1. Give antihistamines.

2. Watch VERY carefully for any worsening or progression of symptoms, particularly if there is mild wheeziness.

3. Also be aware of a possible second phase of symptoms several hours later.

Severe symptoms

Difficulty in breathing – either hoarseness, noisy or wheezy breathing or croupy or choking cough.

Decreased level of consciousness, faint, floppy, very pale, blue lips, unresponsive.

Collapse

Take action!

1. Do not leave the young person alone and encourage them **NOT** to stand up or walk around. Treat any wheeziness with your child's inhaler (if they have been prescribed one), such as salbutamol (Ventolin).

2. Phone 999 – find a responsible person to phone for ambulance stating you have a child with anaphylaxis.

3. If the child has a decreased level of consciousness, place them on their side in a comfortable position. If they have breathing difficulties, a supported sitting position will be better. Give repeated reassurance.

4. Place child in recovery position if unconscious. Attempt resuscitation if necessary.

Note that severe symptoms are rare but can be life-threatening so take action and don't delay!

Parents take note!

If a severe reaction occurs, it is important to review your child's allergy management. Please go and see your child's GP for a referral to the allergy clinic.