



Oxford University Hospitals  
NHS Foundation Trust

# Severe allergic reaction

## Action Plan Epipen

(Pull out and keep)

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[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



## Severe allergic reaction action plan

Name: ..... D.O.B:.....  
 Known allergies:  
 Contact parents/guardian:.....  
 Contact GP:.....

Mild or moderate symptoms	Take action!
Tingling, itching or burning sensation in the mouth	1. Give antihistamines.
Rapid development of nettle rash/wheals/hives (urticaria)	2. If prescribed, give up to 10 puffs of salbutamol (Ventolin) inhaler for mild wheeziness. Please give through a spacer if available.
Intense itching	3. Collect Epipen in case of deterioration.
Swelling, particularly of the face	4. Watch VERY carefully for any worsening of the reaction or a second phase of symptoms several hours later.
Feeling hot or very chilled	
Rising anxiety or feeling scared	
Pale or flushed	
Abdominal (tummy) pain	
Nausea and/or vomiting	
Very mild wheeziness (in known asthmatic children)	

Severe symptoms	Take action!
<p><b>Difficulty in breathing</b> – either hoarseness, noisy or wheezy breathing, croupy or choking cough or not able to talk normally.</p> <p><b>Decreased level of consciousness,</b> faint, floppy, very pale, blue lips, unresponsive.</p> <p><b>Collapse (unconscious)</b></p>	<ol style="list-style-type: none"> <li>Do not leave young person alone.</li> <li>If the child is feeling faint or dizzy, lie them flat and raise their legs (place their legs down to give Epipen). If they have breathing difficulties, a supported sitting position will be better. Do <b>NOT</b> allow them to stand up or walk around. Give repeated reassurance.</li> <li>Inject Epipen in the upper, outer part of thigh. Note time of injection. (<b>Do not wait for ambulance to arrive or medical advice before giving Epipen.</b>)</li> <li>If the child is unconscious, place in recovery position. Attempt resuscitation if needed.</li> <li>Phone 999 – seek responsible person to phone for ambulance stating you have a child with anaphylaxis.</li> <li>If no improvement after 5 -10 minutes a second dose of Epipen should be given. Note time.</li> <li>The ambulance should always take the child to be seen in the hospital, even though they may have recovered.</li> </ol>

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

### How to give an Epipen injection

- Pull off blue safety cap.
- Place orange tip against upper, outer part of thigh, holding injector at right angle to thigh.
- Lift the Epipen about 10cm away from the skin, then push the orange tip firmly onto the thigh until the auto-injector clicks. **Do not** put your thumb over the end of the Epipen injector, as this can stop it from working.
- Hold in place for 3 seconds (count out loud slowly to 3).
- Remove Epipen and rub thigh.
- Note time Epipen was given.
- Put used Epipen out of reach. Give to ambulance or GP to dispose of in sharps bin.

**Remember!**  
**"Blue to the sky, orange to the thigh. No thumb!"**