

Useful websites

UK Anaphylaxis Campaign
www.anaphylaxis.org.uk
Helpline: 01252 542 029

Allergy UK
www.allergyuk.org
Helpline: 01322 619 898

Medic Alert
www.medicalert.org
Helpline: 0800 581 420

EpiPen
www.epipen.co.uk
Helpline: 0845 460 0000

Packs for EpiPen/medicine
www.yellowcross.co.uk
Helpline: 01252 820 321

Asthma UK
www.asthma.org.uk
Helpline: 020 7786 4900

National Eczema Society
www.eczema.org
Helpline: 0800 089 1122

Further information

Whittington Paediatric Allergy clinic
(Clinic 4D)

Tel: 020 7288 5882/5883

Whittington Health
Magdala Avenue
London
N19 5NF

Tel: 020 7272 3070
Web: www.whittington.nhs.uk

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Action plan for anaphylaxis

A parent's guide



Photo

Name:

Address:

Known allergies:

Parent/carers name:

Work phone:

Home phone:

Mobile:

Plan prepared by:

Dr/nurse:

Signed:

Mild to moderate allergic reactions

If any of the following are present:

- Swelling of lips, face and eyes
- Hive or welts (red, raised itchy rash)
- Abdominal pain or cramping

Action

1. Stay with child and call for help
2. Locate EpiPen or EpiPen Jr.
3. Give medication (if prescribed)
4. Contact parent/carer

Severe allergic reaction (anaphylaxis)

- Difficult/noisy breathing
- Swelling/tightness in the throat
- Difficulty in talking and/or hoarse voice
- Wheeze or persistent cough
- Loss of consciousness and cough
- Pale and floppy (young children)

Action

1. Give EpiPen or EpiPen Jr.
2. Call ambulance
3. If your child feels faint, or is floppy/drowsy lie flat
4. Contact parent/carer

Use of EpiPen

Record time EpiPen is given:

The child must go to hospital even if EpiPen is given.

How to use the EpiPen:

1. Form fist around the EpiPen and pull off grey cap.



2. Place end against mid-outer thigh.



3. Push down hard at a right angle until a "click" is heard and hold for 10 seconds.



4. Remove EpiPen. Be careful not to touch the needle and massage the injection site.