

ALLERGY ACTION PLAN

Date of issue:

Name:

Problem:

This child is at risk of a severe allergic reaction and should carry their emergency medication at all times. They should also not have any contact with these foods.

1. If they eat any of the above by mistake, they should immediately receive Chlorphenamine 2mg (one teaspoon/5mls) followed by 5 puffs of Salbutamol via a Spacer.
2. If they develop breathing difficulties, noisy breathing, become blue, drowsy or unresponsive, they should be given the EpiPen 0.15mg syringe into the upper, outer thigh.
3. If breathing difficulties or EpiPen given, dial 999.
4. If they have not improved within 5-10 minutes, they should be given a second EpiPen and 10 puffs of Salbutamol.

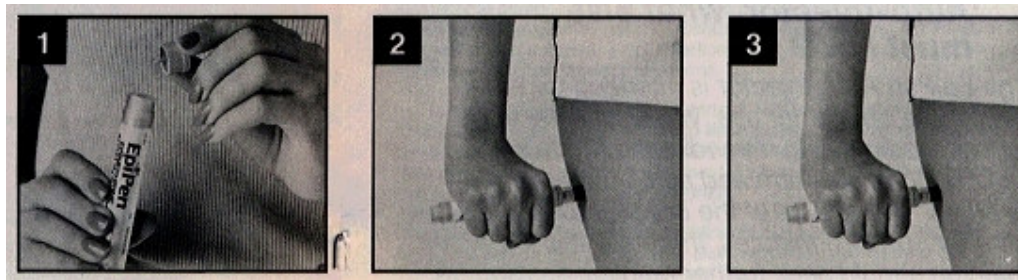
If your child experienced noisy breathing or difficulty breathing, they should be given 20mg of soluble Prednisolone, dissolved in water, within one hour of reacting. This is to prevent a subsequent asthma attack.

ANY PROBLEMS OR QUESTIONS
Please contact Deb Marriage on 0117 342 8248

Additional Information is available from the websites: www.allergyinschools.co.uk
www.anaphylaxis.org.uk
www.allergyfoundation.com

EPIPEN® AUTO-INJECTOR

FOR ALLERGIC EMERGENCIES



How do I use the EpiPen?

1. The EpiPen® is simple to use and the absence of a visible needle helps to minimize fear and resistance to self-injection.
2. Activate the EpiPen® by removing the grey safety cap.
3. Jab the EpiPen® with the black tip against the thigh and hold for several seconds.
4. This releases a spring activated plunger, pushing the concealed needle into the thigh muscle and expelling a dose of epinephrine.

What is the active ingredient of the EpiPen® Auto- Injector?

The active ingredient is epinephrine. Injection of epinephrine is the treatment of choice for allergic emergencies (anaphylactic reactions) because it quickly constricts blood vessels, relaxes smooth muscles in the lungs to improve breathing, stimulates the heartbeat, and works to reverse hives and swelling around the face and lips (angioedema).