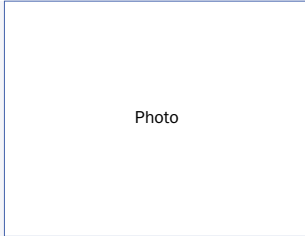


# Action plan for Anaphylaxis

Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_



Known severe allergies: \_\_\_\_\_

Parent/carer name(s) \_\_\_\_\_

Work Ph: \_\_\_\_\_

Home Ph: \_\_\_\_\_

Mobile Ph: \_\_\_\_\_

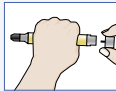
Plan prepared by: \_\_\_\_\_

Dr. \_\_\_\_\_

Signed \_\_\_\_\_

Date \_\_\_\_\_

## How to give EpiPen® or EpiPen® Jr



**1.** Form fist around EpiPen® and pull off grey cap.



**2.** Place black end against outer mid-thigh.



**3.** Push down **HARD** until a click is heard or felt and hold in place for 10 seconds.



**4.** Remove EpiPen® and be careful not to touch the needle. Massage the injection site for 10 seconds.

## MILD TO MODERATE ALLERGIC REACTION

- swelling of lips, face, eyes
- hives or welts
- abdominal pain, vomiting

## ACTION

- stay with child and call for help
- give medications (if prescribed) .....
- locate EpiPen® or EpiPen® Jr
- contact parent/carer



**watch for signs of Anaphylaxis**

## ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- difficulty/noisy breathing
- swelling of tongue
- swelling/tightness in throat
- difficulty talking and/or hoarse voice
- wheeze or persistent cough
- loss of consciousness and/or collapse
- pale and floppy (young children)

## ACTION

- 1 Give EpiPen® or EpiPen® Jr**
  - 2 Call ambulance. Telephone 000**
  - 3 Contact parent/carer**
- If in doubt, give EpiPen® or EpiPen® Jr**

Additional Instructions \_\_\_\_\_

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