

ANAPHYLAXIS

Symptoms are highly variable.
Maybe one or more of the following:

- Difficulty/noisy breathing
- Swelling of face and tongue
- Swelling/tightness in throat
- Persistent dizziness
- Loss of consciousness/collapse
- Difficulty talking/hoarse voice
- Wheeze or persistent cough
- Pale and floppy (in young children)
- Abdominal pain and vomiting
- Hives, welts and body redness
- Signs of envenomation

HAZARD = TRIGGERS

Certain foods. Insect venom. Certain medications. Latex. Exercise etc.

RISK = LIFE-THREATENING

Airway, breathing and circulatory problems.

CONSULT ACTION PLAN

If none, follow these steps

LAY THE CASUALTY FLAT

If breathing is difficult, allow to sit, but keep still

PREVENT FURTHER EXPOSURE

Remove allergen

GIVE ADRENALINE

Using an adrenaline autoinjector

CALL 000

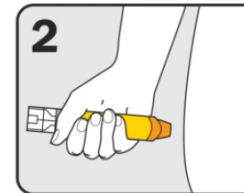
Monitor closely

HOW TO USE AN EPIPEN® AUTOINJECTOR

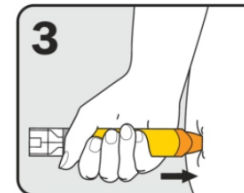
(available in adult and junior sizes).



Form a fist around EpiPen® and PULL OFF THE BLUE SAFETY RELEASE.



PLACE THE ORANGE END against the outer mid-thigh (with or without clothing).



PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds. Remove the EpiPen®.

**Ensure Safety
for Self and Others**

**Call the Ambulance
on Triple Zero (000)**

Anaphylaxis can develop rapidly.

Get someone to call 000, obtain action plan and autoinjectors.

Don't allow to stand or walk.

Remove allergen i.e. flick out stings (Do not remove ticks, kill them where they are e.g. use permethrin cream or an ether-containing spray).

Use the correct sized autoinjector as per instructions.

For life-threatening anaphylaxis only.

Give more adrenaline if no response after 5 minutes.

If breathing stops, CPR.

Give oxygen or asthma medication if required.



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