

ANAPHYLAXIS

First Aid



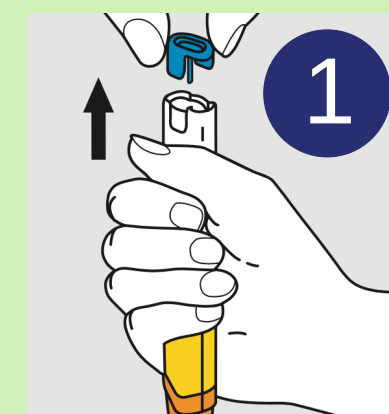
Severe Allergic Reaction

- Difficulty/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Wheeze or persistent cough
- Difficulty talking and/or hoarse voice
- Persistent dizziness and/or collapse
- Pale and floppy (young children)

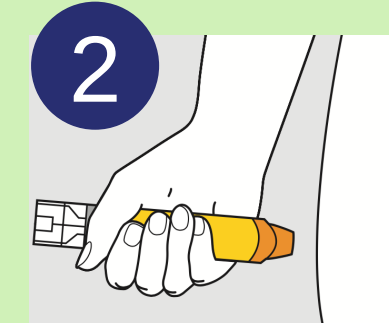
Treatment

- 1 Lay the person flat.
**If unconscious, place in recovery position*
**If breathing is difficult, allow them to sit up*
- 2 Give EpiPen or EpiPen Jr adrenaline auto-injector. **EpiPen instructions* ➡
- 3 Call an ambulance by dialing Triple Zero (000).
- 4 Phone family/emergency contact.
- 5 Further adrenaline doses may be given if no response after 5 minutes.
- 6 Transfer person to hospital for observation.

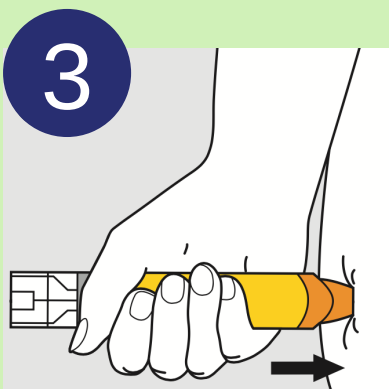
How to give EpiPen



1 Form fist around EpiPen and **pull off blue safety release.**



2 Hold leg still and **place orange end** against outer mid-thigh (with or without clothing).



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

If in doubt - give adrenaline auto-injector!

If the person becomes unconscious follow DRSABCD and call Triple Zero (000) for an ambulance.



Danger > **R**esponse > **S**end for Help > **A**irway > **B**reathing > **C**PR > **D**efibrillation

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