**ACTION PLAN FOR Anaphylaxis**

**for use with EpiPen® or EpiPen® Jr adrenaline autoinjectors**

### MILD TO MODERATE ALLERGIC REACTION

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

**ACTION**

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

**Watch for any one of the following signs of Anaphylaxis**

### ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- difficult/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 (Aus) or 111 (NZ)
3. **Lay person flat and elevate legs. If breathing is difficult, allow to sit but do not stand**
4. **Contact family/carer**
5. **Further adrenaline doses may be given if no response after 5 minutes (if another adrenaline autoinjector is available)**

**If in doubt, give EpiPen® or EpiPen® Jr**

EpiPen® Jr is generally prescribed for children aged 1-5 years.

*-Medical observation in hospital for at least 4 hours is recommended after anaphylaxis.

**How to give EpiPen® or EpiPen® Jr**

1. Form fist around EpiPen® and PULL OFF GREY SAFETY CAP.
2. PLACE BLACK 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 10 seconds.
4. REMOVE EpiPen® and DO NOT touch needle. Massage injection site for 10 seconds.

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