

For use with adrenaline (epinephrine) injectors - refer to the device label for instructions

Translated versions of this document are on the ASCIA website [www.allergy.org.au/anaphylaxisna5](http://www.allergy.org.au/anaphylaxisna5)

## MILD TO MODERATE ALLERGIC REACTIONS

### SIGNS



### ACTION

- For insect allergy flick out sting if visible
- For tick allergy seek medical help or freeze tick and let it drop off
- Stay with person, call for help and locate adrenaline injector
- Phone family/emergency contact

Mild to moderate allergic reactions (such as hives or swelling) may not always occur before severe allergic reactions (anaphylaxis)

## ANAPHYLAXIS (SEVERE ALLERGIC REACTIONS)

### WATCH FOR ANY ONE OF THE FOLLOWING SIGNS



### ACTION

- 1 LAY PERSON FLAT - do NOT allow them to stand or walk
  - If unconscious or pregnant, place in recovery position - on left side if pregnant
  - If breathing is difficult allow them to sit with legs outstretched
  - Hold young children flat, not upright



- 2 GIVE ADRENALINE INJECTOR as shown on the device label



- 3 Phone ambulance - 000 (AU) or 111 (NZ)
- 4 Phone family/emergency contact
- 5 Further adrenaline may be given if no response after 5 minutes
- 6 Transfer person to hospital for at least 4 hours of observation



### IF IN DOUBT GIVE ADRENALINE INJECTOR

Commence CPR at any time if person is unresponsive and not breathing normally



Adrenaline injectors are given as follows:

- 150 mcg for children 7.5-20kg
- 300 mcg for children over 20kg and adults
- 300 mcg or 500 mcg for children and adults over 50kg

**ALWAYS give adrenaline injector FIRST. If someone has SEVERE AND SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice), even if there are no skin symptoms. THEN SEEK MEDICAL HELP.**

Note: If adrenaline is accidentally injected (e.g. into a thumb) phone your local poisons information centre. Continue to follow this first aid plan for the person with the allergic reaction.

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