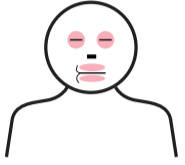


Anaphylaxis is the most severe type of allergic reaction and should always be treated as a medical emergency. Anaphylaxis requires immediate treatment with adrenaline (epinephrine). If treatment with adrenaline is delayed, this can result in fatal anaphylaxis.

## MILD TO MODERATE ALLERGIC REACTIONS

### SIGNS



Swelling of lips, face, eyes



Hives or welts



Tingling mouth



Abdominal pain, vomiting (these are signs of anaphylaxis for insect allergy)

### ACTIONS

- Stay with person, call for help
- Locate adrenaline device
- Phone family/emergency contact
- Insect allergy - flick out sting if visible
- Tick allergy - seek medical help or freeze tick and let it drop off

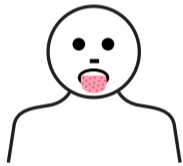
**Mild to moderate allergic reactions may not always occur before anaphylaxis**

## ANAPHYLAXIS (SEVERE ALLERGIC REACTIONS)

### WATCH FOR ANY ONE OF THE FOLLOWING SIGNS



Difficult or noisy breathing



Swelling of tongue



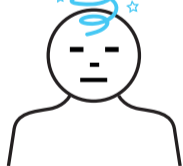
Swelling or tightness in throat



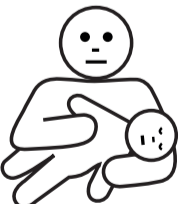
Wheeze or persistent cough



Difficulty talking or hoarse voice



Persistent dizziness or collapse



Pale and floppy (young children)



Abdominal pain, vomiting (these are signs of anaphylaxis for insect allergy)

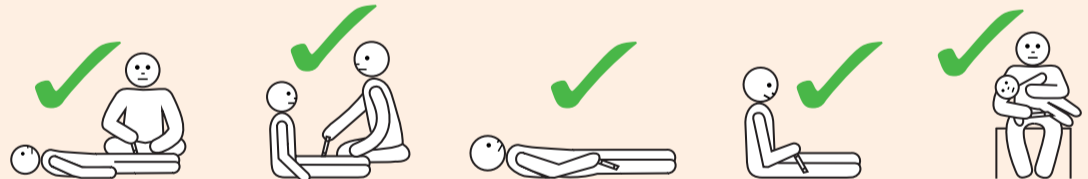
### ACTIONS

#### 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 DEVICE as shown on the label



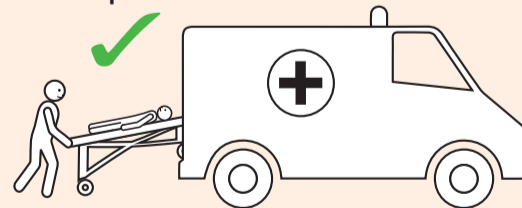
#### 3 Phone ambulance - 000 (AU) or 111 (NZ)

#### 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 DEVICE

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



EpiPen® Jr (150 mcg) is for children 7.5-20kg  
 EpiPen® (300 mcg) is for children over 20kg and adults  
 Anapen® 500 mcg is for children and adults over 50kg

**ALWAYS give adrenaline device 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.**

If adrenaline is accidentally injected, phone your local poisons information centre. Continue to follow this action plan for the person with the allergic reaction.