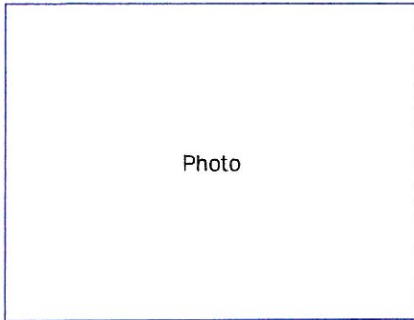


# ACTION PLAN FOR

# Anaphylaxis

Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_



Photo

Allergens to be avoided: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Family/carer name(s): \_\_\_\_\_  
\_\_\_\_\_

Work Ph: \_\_\_\_\_

Home Ph: \_\_\_\_\_

Mobile Ph: \_\_\_\_\_

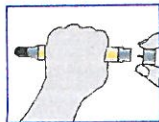
Plan prepared by:

Dr \_\_\_\_\_

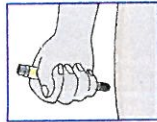
Signed \_\_\_\_\_

Date \_\_\_\_\_

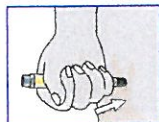
## How to give EpiPen® or EpiPen® Jr



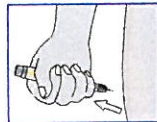
**1.** Form fist around EpiPen® and **PULL OFF** grey cap.



**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 be careful not to touch the needle. Massage the injection site for 10 seconds.

## 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 EpiPen® doses may be given if no response after 5 minutes**

## 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.

Additional information \_\_\_\_\_  
\_\_\_\_\_