

Action plan for

Anaphylaxis

Name: _____

Class _____

Room: _____



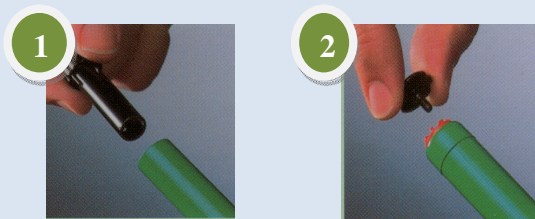
PHOTO

ALLERGIES

Emergency contact numbers:

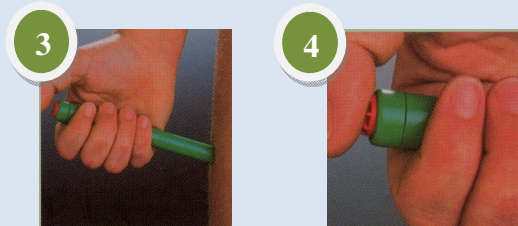
Home: _____

How to use the Anapen



1. Remove the black needle cap.

2. Remove the black safety cap from the red firing button.



3. Hold Anapen against the outer thigh and press the firing button.

4. Hold Anapen in position for 10 seconds, gently massage the injected site.

SYMPTOMS OF MODERATE REACTION

- Swelling of face, eyes
- Itchy skin rash or hives
- Dizziness and feeling faint
- Vomiting, nausea and abdominal pain

ACTION FOR MODERATE REACTION

- Give _____ antihistamine
- If asthmatic give rescue medication _____
- Observe to make sure condition does not worsen
- Contact parents on emergency numbers.
- If condition worsens follow actions for severe reaction below

SYMPTOMS OF SEVERE REACTION

- Difficulty / noisy breathing
- Swelling of tongue or throat
- Difficulty talking / or hoarse voice
- Loss of consciousness and / or collapse
- Pale and floppy
- Condition steadily worsening

ACTION FOR SEVERE REACTION

- Lie the person flat and elevate the feet, unless this makes breathlessness worse
- Give the Anapen as per instructions immediately
- Call an ambulance without delay
- If conscious and able to swallow give _____ antihistamine
- Contact parents on emergency numbers
- If the ambulance has not arrived and there is no improvement after 5-10 minutes a second Anapen should be given