

BE ALLERGY AWARE!

- An allergic reaction can occur suddenly or up to an hour after contact with the allergen
- An allergic reaction can be potentially fatal
- An allergic reaction can happen through skin contact, sting, eating even a tiny amount of a particular food or by touching the mouth with contaminated hands, utensils etc.

SYMPTOMS OF ALLERGIC REACTION

A person experiencing an allergic reaction may display one or more of the following symptoms:

- Rash/hives anywhere on the body
- Swelling of lips, mouth, face or throat
- Difficulty breathing , swallowing or speaking
- Cramps, nausea, vomiting or diarrhoea
- Sudden feeling of weakness (drop in blood pressure)
- Collapse and unconsciousness

TREATMENT

- Lie the person flat and elevate the feet (unless this makes breathlessness worse)
- An adrenaline injection (Anapen/EpiPen) needs to be administered promptly, by a trained person, at the first sign of swelling in the mouth or throat, breathlessness or weakness
- An ambulance must be called immediately
- If there is no improvement or symptoms get worse a second adrenaline injection can be given after 5 – 10 minutes
- Less serious reactions (such as rash) can be treated with antihistamine

