**Allergy Action Plan**

**Develop an Allergy Alert Plan**

**and share this with your friends and housemates**

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| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is allergic  to the following \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Emergency Contact Details:**  Next of Kin: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Contact Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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| Please note: The Human Medicines Regulations 2012 states that any lay person can administer adrenaline for the purpose of saving a life. | |
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| **Mild to Moderate Symptoms:**   * Swollen lips, face or eyes; * Itchy / tingling mouth; * Hives or itchy skin rash; * Abdominal pain or vomiting; * Sudden change in behaviour. | **ACTION:**   * Stay with your friend; * Call for help, if necessary. * Locate adrenaline autoinjector(s); * Give antihistamine; * Phone your friends / emergency contact. |
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| **Watch for signs of ANAPHYLAXIS (life-threatening allergic reaction).**  Anaphylaxis may occur without skin symptoms.  Always consider Anaphylaxis in someone who has food allergies and stops breathing. | |
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| **Think A B C**  **AIRWAY:** Persistent cough, hoarse voice, difficulty swallowing, swollen tongue.  **BREATHING:** Difficulty or noisy breathing, wheeze or persistent cough.  **CONSCIOUSNESS:** Persistent dizziness / pale or floppy, suddenly sleepy, collapse, unconscious. | **If ANY ONE (or more) of these signs are present:**  Administer Adrenaline AutoInjector without delay.  Lie the adult flat: (if breathing is difficult, allow the adult to sit). Dial 999 for ambulance and say ANAPHYLASIS (“ANA-FIL-AX-IS”).  **IF IN DOUBT, administer the**  **Adrenaline AutoInjector.**  **After giving Adrenaline:**   1. Stay with adult until ambulance arrives, do NOT sit them up; 2. Commence CPR if there are no signs of life; 3. Phone emergency contact; 4. If no improvement after five minutes, give a second adrenaline does using a second AutoInjector device, if available. |
| **Adrenaline AutoInjector**  There are three different brands of Adrenaline AutoInjectors in the UK:   * Jext * EpiPen * Emerade   How to administer each device varies by brand. Please follow the instructions on the device. |