**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.
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| **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.  |