

Useful websites

Anaphylaxis Campaign

anaphylaxis.org.uk

The Anaphylaxis Campaign is the only UK wide charity to exclusively meet the needs of the growing numbers of people at risk from severe allergic reactions (anaphylaxis) by providing information and support relating to foods and other triggers such as latex, drugs and insect stings.

Allergy UK

allergyuk.org.uk

Allergy UK is the country's leading medical charity dealing with allergy and we are here to help you.

Allergy Bracelets

mediband.co.uk

Medical Wristbands provide peace of mind so that when the unexpected happens, critical medical information will be conveyed to the professionals that need to know.

Professional Contacts

Consultant

Telephone

E-mail

GP

Telephone

E-mail

Allergy nurse specialist

Telephone

E-mail

School Nurse

Telephone

E-mail

Harrogate District Hospital **NHS**

NHS Foundation Trust

ALLERGY ACTION PLAN

Name

Date of birth

THIS PERSON IS ALLERGIC TO

ASTHMA Yes

No

Address

Postcode:

Emergency contact tel

Allergy plan prepared by

Signed

Date

For all allergic reactions

- Child should carry antihistamine medication with them at all times.
- Keep calm.
- Reassure child.
- Remove the trigger if possible.
- When you call 999 specify the name, age and location of the child.
- Child should rest: no exercise or heavy meals for at least 4 hours after the reaction.
- Inform your consultant and allergy nurse about all episodes of severe reactions.

Severe Reaction

- ⚠ Difficulty breathing/ tight chest/ noisy breathing/ severe wheeze/ persistent cough
- ⚠ Swelling of tongue
- ⚠ Swelling / tightness of throat
- ⚠ Difficulty talking or swallowing/ hoarse voice
- ⚠ Dizziness or collapse/ loss of consciousness

Action To Take

- Keep child lying down on a flat surface with legs up the whole time
- Get someone to call 999 and say the problem is ANAPHYLAXIS (ANA-FI-LAX-IS)
- If wheezing give 10 puffs of blue inhaler (Salbutamol) with mask and spacer
- Do not leave child alone, watch progress
- If stops breathing or there is no pulse, start basic life support
- The child needs to be seen in hospital as soon as possible and observed for >4 hrs

Mild/ Moderate Reaction

- ⚠ Itchy hives / nettle rash or flush
- ⚠ Tingling/ itchy mouth or lips
- ⚠ Swelling of face / eyes / lips
- ⚠ Tummy pain / vomiting
- ⚠ Mild wheeze

Action To Take

- Give antihistamine medication

Dose: mg

- If wheezing, give 10 puffs of blue inhaler (Salbutamol) with mask and spacer
- Get someone to call emergency contact
- Do not leave child alone, watch progress
- If no improvement repeat antihistamine dose in 30 minutes and seek medical help