





Important Adrenaline autoinjector information

-  The Adrenaline autoinjector and the antihistamine medication needs to be available for the child at all times.
-  Get a new Adrenaline autoinjector before the current one expires
-  Take used or old autoinjectors to a health centre for safe disposal.
-  The Adrenaline dose in the autoinjector will need to be increased when your child reaches 30 kg in weight.

Useful websites

Anaphylaxis Campaign
anaphylaxis.org.uk

Allergy UK
allergyuk.org.uk

Allergy Bracelets
mediband.co.uk

Adrenaline Autoinjectors
alk-lifeline.co.uk

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 Foundation Trust

ALLERGY ACTION PLAN

TO USE WITH ADRENALINE AUTOINJECTOR

Name

Date of birth

THIS PERSON IS ALLERGIC TO

ASTHMA Yes

No

Address

Postcode:

Emergency contact tel

Allergy plan prepared by

Signed

Date

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
- Make sure Adrenaline autoinjector available if progresses to severe reaction (see red box on the right)
- Do not leave child alone, watch progress
- If no improvement repeat antihistamine dose in 30 minutes and seek medical help

Severe Reaction

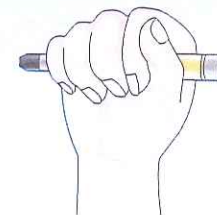
- ⚠ Difficulty breathing/ tight chest/ noisy breathing/ severe wheeze/ persistent cough
- ⚠ Swelling of tongue
- ⚠ Swelling / tightness of throat
- ⚠ Difficulty talking or swallowing / hoarse voice
- ⚠ Dizziness or collapse/loss of consciousness

Action To Take

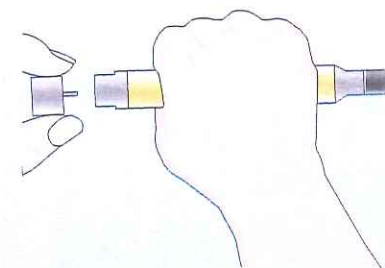
- Keep child lying down on a flat surface with legs up the whole time
- Give Adrenaline injection*
- Get someone to call 999 and say the problem is ANAPHYLAXIS (ANA-FI-LAX-IS)
- If wheezing give 10 puffs of blue inhaler (Salbutamol) with mask and spacer
- Do not leave child alone, watch progress
- If no improvement after 5 minutes, give 2nd Adrenaline injection
- 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

How to use Adrenaline autoinjector

- 1 Grasp Adrenaline autoinjector in dominant hand, with thumb closest to safety cap



- 2 With other hand remove safety cap



- 3 Jab black tip firmly into outer thigh until it clicks. **Hold in for 10 seconds.**



- 4 Massage the injection site for 10 seconds

* Adrenaline is unlikely to cause harm. If in doubt, use it.