

Anaphylaxis Action Plan

Name: _____

Date of birth: _____ / _____ / _____

Confirmed allergy: _____

Photo

Parent/ Emergency Contact

Name: _____

Relationship: _____

Phone No.: _____

Other Emergency Contacts

(1) Name: _____

Relationship: _____

Phone No.: _____

(2) Name: _____

Relationship: _____

Phone No.: _____

Next appointment: _____

Attending doctor: _____

Signature: _____

ALWAYS give adrenaline autoinjector FIRST, and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice) even there are no skin symptoms

SIGNS of Mild and Moderate Allergic Reaction

- Rash or urticaria (hives)
- Itchy skin, mouth, throat
- Swelling of lips, face, eyes
- Vomiting, abdominal pain, diarrhoea

ACTION for Mild and Moderate Allergic Reaction

- For insect allergy, tick out sting if visible
- Stay with person and call for help
- Give anti-allergic medication (e.g. _____)
- Get adrenaline autoinjector ready (if available)
- Call parents/ emergency contacts

Mild to moderate allergic reactions may not occur before anaphylaxis

SIGNS of Severe Allergic Reaction (Anaphylaxis)

- Swelling of tongue
- Hoarse voice, painful swallowing, drooling
- Swelling/ tightness in throat
- Dizziness or collapse
- Wheeze, noisy breathing
- (Young child) Pale and floppy
- Persistent cough, difficult breathing

ACTION for Severe Allergic Reaction (Anaphylaxis)

1. Lay person flat (with legs raised). **DO NOT** allow them to stand or walk



- If unconscious, lay person in recovery position
 - If breathing is difficult, allow them to sit up
2. Give adrenaline autoinjector (refer to the next page)
 3. Call **999** for ambulance
 4. Call parents/ emergency contact
 5. Transfer person to the nearest hospital for assessment and observation

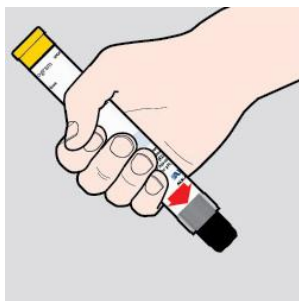
Whenever in doubt, give adrenaline autoinjector

Commence CPR at any time if person is unresponsive and not breathing normally

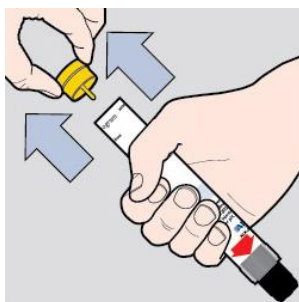
- I understand and agree with this "Anaphylaxis Action Plan"
- I understand how to use the adrenaline autoinjector
- I am prescribed with: antihistamine _____ and/ or adrenaline autoinjector
- I hereby authorize the accompanying adult to give the medication as prescribed in this plan to me/ my child

Patient's/ Parent's Name: _____ Signature: _____ Date: _____

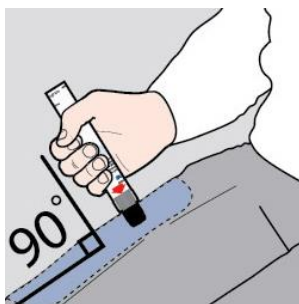
How to give Jext[®] adrenaline (epinephrine) autoinjectors



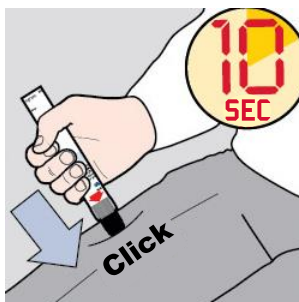
1. Grasp the injector in your dominant hand (the one you use to write with) with your thumb closest to the yellow (safety) cap.



2. Pull off the yellow cap with your other hand.



3. Place the black injector tip against your outer thigh, holding the injector at a right angle (approximately 90°) to the thigh.



4. Press down the black tip firmly into your outer thigh until you hear a 'click' confirming that this injection device has been triggered. Hold the injector firmly in place against the thigh for 10 seconds (a slow count to 10) then remove. The black tip will extend automatically and hide the needle.



5. Massage the injection area for 10 seconds. Always seek immediate medical help after receiving this injection.

* **BE PREPARED:** Use a second one (if available) 5-15 minutes later if the allergic symptoms do not improve.