SIGNS OF ANAPHYLAXIS







A AIRWAY

- Persistent cough
- Hoarse voice
- Difficulty swallowing
- Swollen tongue

B BREATHING

- Difficult or noisy breathing
- Sudden wheezing

C CONSCIOUSNESS

- Persistent dizziness
- Pale or floppy
- Suddenly sleepy
- Collapse/unconscious

If any one (or more) of these signs are present DON'T DELAY

ACTIONS TO TAKE

1 Lie flat with legs raised

If breathing is difficult, allow to sit.



2 Give adrenaline device

Use the school's spare device if needed.

► Scan QR code for instructions on how to use adrenaline devices.

3 Dial 999 for ambulance

Say ANAPHYLAXIS (ana-fill-axis). *** IF IN DOUBT, GIVE ADRENALINE ***

AFTER GIVING ADRENALINE



- Stay with person until ambulance arrives, do NOT stand them up.
- Keep them lying down, even if things seem to be getting better.
- Phone parent/emergency contact.



- **If no improvement after 5 minutes, give another dose of adrenaline using a second device, if available.**
- Commence CPR at any time if there are no signs of life.

ALWAYS GIVE ADRENALINE DEVICE FIRST if someone has SEVERE AND SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice). THEN SEEK MEDICAL HELP. Anaphylaxis can occur without skin symptoms.

SPARE ADRENALINE IN SCHOOLS

BSACI Improving Allergy Care through education, training and research

Department for Education

National Allergy Strategy Group

Natasha's Foundation A future without food allergy

anaphylaxis UK

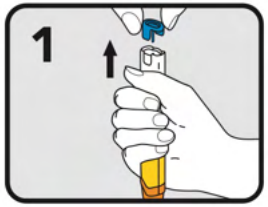
AllergyUK

spareadrenalineinschools.uk

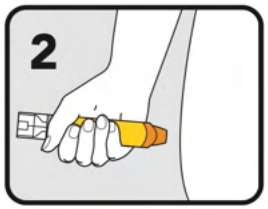
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How to use an adrenaline device

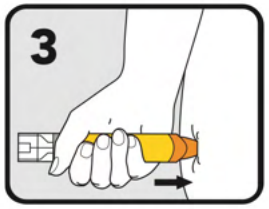
EpiPen®



Form fist around Epipen® and pull off blue safety release



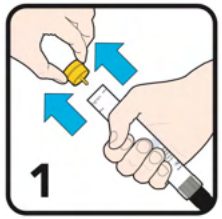
Hold leg still and place orange end against outer mid-thigh (with or without clothing)



Push down hard until a click is heard or felt and hold in place for 3 seconds. Remove EpiPen®

EpiPen® Jr (150 mcg) is prescribed for children 7.5 - 25kg
EpiPen® (300 mcg) is prescribed for children over 25kg and adults

Jext®



Form fist around Jext® and pull off yellow cap



Place black injector tip against outer mid-thigh (with or without clothing)



Push black tip firmly until a click is heard and hold in place for **10** seconds. Remove Jext®

Jext® Jr (150 mcg) is prescribed for children 7.5 - 30kg
Jext® (300 mcg) is prescribed for children over 30kg and adults

EURneffy®

(nasal adrenaline spray)



Hold as shown.
Do not test spray



Place nozzle into nostril until fingers touch nose.



Press plunger firmly

EURneffy® **1mg is prescribed for children 15 - 30kg (4 years and over)**
EURneffy® **2mg is prescribed for children and adults 30kg and over**

Follow the BSACI Action Plan for Anaphylaxis.

Each device is for single use only. Give the used devices to the ambulance crew, with the time it was given.

▶ Scan QR code for instructions on how to use adrenaline devices.

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