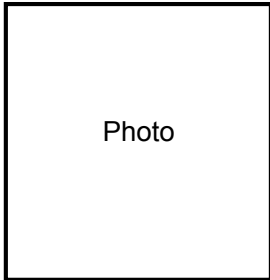


ACTION PLAN FOR ANAPHYLAXIS

Name :



Date of birth :

Allergens to be avoided :

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Work Ph :

Home Ph :

Mobile Ph :

Plan prepared by :

Dr E.BIDAT

Signed

Date

MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth, abdominal pain, vomiting

ACTION

- Stay with person and call for help
- Give medications (if prescribed)
- Locate Anapen®
- Contact family/carer



Watch for any one of the
 followin signs of Anaphylaxis

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult/noisy breathing
- Swelling of tongue
- Swelling/ tightness in throat
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Loss of consciousness and/or collapse
- Pale and floppy (young children)

ACTION

1. Give Anapen®
2. Call ambulance*- telephone 112 (Europe)
3. Lay person flat and elevate legs. If breathing is difficult, allow to sit but do not stand
4. Contact family/carer
5. Further Anapen® doses may be given if no response after 5 minutes

If in doubt, give Anapen®

*Medical observation in hospital for at least 4 hours is recommended after anaphylaxis

Additional information

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Dr E. Bidat. www.allergienet.com

How to give Anapen®

