

Adult action plan 1 for allergic reactions

This person is at risk of a severe allergic reaction

Name

Date of birth

Known severe allergies

Next of kin

Home tel

Work tel

Mobile tel

Plan prepared by

Dr/nurse

Signed

Date

Mild to moderate allergic reaction

- swelling of lips, face, eyes
- hives or welts on the skin
- stomach upset, nausea, vomiting

Action

- stay calm: sit or lie quietly
- take antihistamine – if vomited, repeat the dose
- if you have asthma, use the blue asthma inhaler (salbutamol or terbutaline) if wheezy - take 2 puffs every 15 minutes if necessary

Name, dose of antihistamine

Chlorpheniramine (Piriton)[®]

or

Watch for signs of anaphylaxis



Anaphylaxis (severe allergic reaction)

- very tight chest and wheeze (especially asthmatics)
- tightness in upper throat with trouble taking in air
- hoarse/croaky voice
- dizziness, fainting or loss of consciousness

Action

- get help
- dial 999 for an ambulance
- say "this is an emergency case of **anaphylaxis**" (*ana-fi-lax-is*)
- wait quietly, lying with your feet up or sitting down until help arrives

Additional instructions:

Please tell appropriate family, friends and colleagues about this action plan. It should be reviewed at each visit to the allergy clinic.