

# Anaphylaxis

## Warning Signs and Symptoms

While the severity of symptoms may vary, patients suffering from anaphylaxis (i.e. allergic reaction) often experience one or a combination of the following:

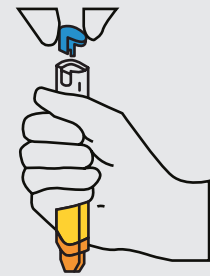
- Laboured breathing
- Gaspings, wheezing, or other unusual breathing sounds
- Swollen face, tongue, and/or throat
- Tightness in the throat
- Dizziness and/or lack of coordination
- Fainting or collapsing
- Struggling to speak, hoarse voice
- Unresponsiveness
- Hives, welts, discolouration of the skin (i.e. paling or reddening)
- Physical marks indicating envenomation (i.e. snake or insect bites)

### BEWARE OF TRIGGERS

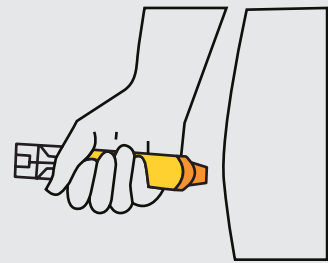
Anaphylaxis can be prevented by avoiding common triggers, some of which include certain foods, medications, latex, exercise, insect and/or snake venom.



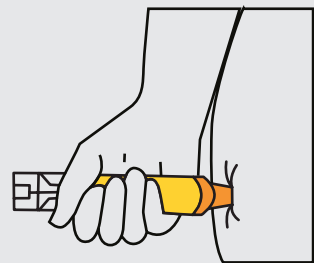
## HOW TO USE AN EPIPEN® AUTOINJECTOR



With the orange tip facing down, make a firm fist around the EpiPen. **Pull off the blue safety release.**



Holding the leg still, **place the orange tip on outer mid-thigh** (can be performed on top of clothing, but avoid pockets or seams)



**Push down firmly** until you hear or feel a click. Hold the EpiPen in place for three seconds. Remove the autoinjector.

## Consult Action Plan

Follow the steps outlined in the action plan. If there is none, see the following guidelines

## Lay the Patient Flat

on the ground or a hard surface. If they are struggling to breathe, sit them upright, but keep them still

## Prevent Further Exposure

Get the allergen away from the patient as quickly as possible

## Administer Adrenaline

Use an EpiPen autoinjector to provide the patient with adrenaline until medical authorities arrive

## Call Triple Zero (000)

as soon as possible to ensure the patient receives professional medical attention



## ENSURE SAFETY FOR SELF AND OTHERS

Anaphylaxis can cause a patient's condition to deteriorate extremely quickly

Call Triple Zero (000), locate action plan, and find autoinjectors as soon as possible

Do not allow the patient to stand or walk

Remove the allergen(s)\* if they have been identified (e.g. remove insect stingers, get food allergens away from patient)

*\*If the allergen is a tick, do not remove it. Instead, use permethrin cream or an ether-containing spray to kill the tick where it is.*

Make sure you use the appropriate size of autoinjector (as outlined in the instructions)

Only use autoinjectors in cases of **life-threatening anaphylaxis**

If the patient does not respond (i.e. condition does not stabilise) after five minutes, administer more adrenaline using the autoinjector

If the patient stops breathing, perform CPR (chest compressions and breaths) immediately

If necessary, provide oxygen and/or asthma medication

