

# ANAPHYLAXIS FIRST AID GUIDE: WHAT TO DO STEP-BY-STEP

1

## LAY THEM DOWN

**Do NOT let them stand or walk. Not even one step.**

- Lay them flat on their back
- Legs raised if you can
- If breathing is hard → let them sit up slightly, legs stretched out
- If unconscious → roll into Recovery Position
- If pregnant → roll onto their left side
- Hold young children flat — not upright



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## REMOVE THE TRIGGER

- Brush off a bee stinger
- Stop the food, medication, or substance
- Do what you safely can — don't delay the adrenaline

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## GIVE ADRENALINE NOW

**Adrenaline is the ONLY medicine that treats anaphylaxis.** Do not wait. Do not hesitate. Use their auto-injector (EpiPen®, Anapen®, Jext®, or neffy®). Inject into the OUTER MID-THIGH. (You can inject through clothing.)

AGE	DOSE
Under 5 years	0.15 mg — EpiPen Jr / Anapen 150
Older than 5 years	0.3 mg — EpiPen / Anapen 300

**Hold it in for 10 seconds. Note the time.**

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## CALL 000 (AUSTRALIA) / 111 (NZ)

**Call an ambulance — even if they seem better.**

- Tell the operator:
- "I think this person is having anaphylaxis."
  - Your location
  - That adrenaline has been given

**Stay on the line. Stay with the person.**



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## WAIT & WATCH (5 MINUTES)

- Keep them lying flat
- Do NOT let them stand up — even if they feel better
- If they have asthma symptoms (wheeze, cough) → give their asthma puffer/inhaler
- Administer oxygen if available and you are trained to do so

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## SECOND DOSE? YES — IF NEEDED

**No improvement after 5 minutes? Give a second dose of adrenaline.** (Use a second auto-injector if available)



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## IF THEY BECOME UNRESPONSIVE AND STOP BREATHING NORMALLY

**Start CPR immediately.**