

ANAPHYLAXIS ESSENTIALS

ANAPHYLAXIS IS A SEVERE, LIFE-THREATENING ALLERGIC REACTION TO FOODS, INSECT VENOM OR MEDICATIONS¹

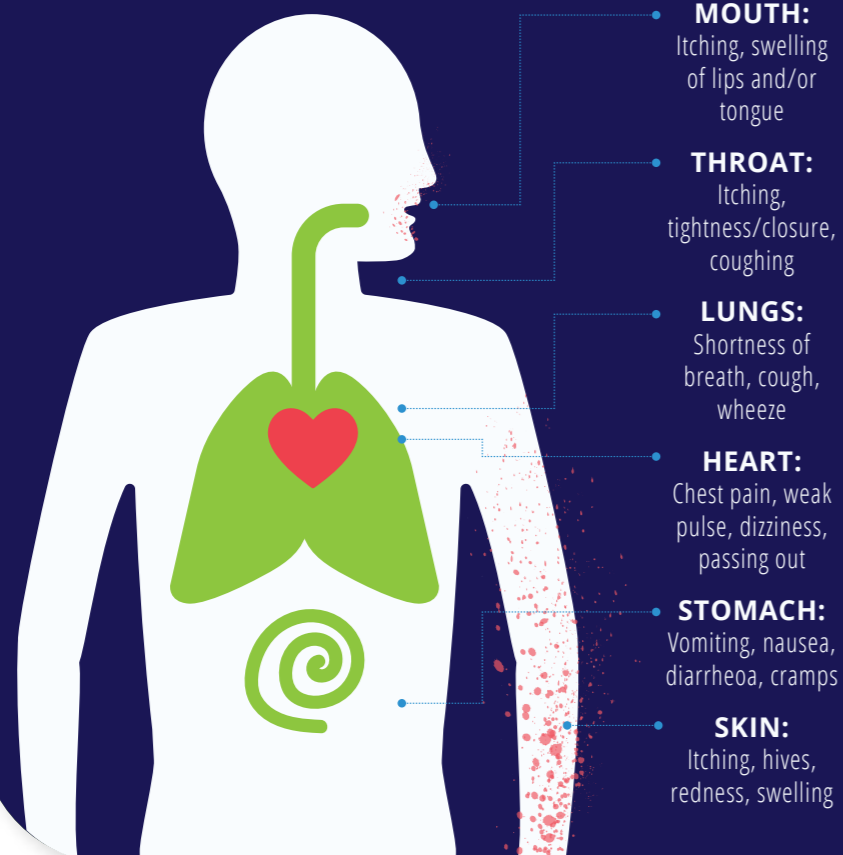
WHAT IS ANAPHYLAXIS?

- 1 SUDDEN ONSET OF INVOLVEMENT OF 2 OR MORE SYSTEMS:

SKIN OR MOUTH + CHEST, HEART OR GUT

- 2 ANY CHEST, AIRWAY OR HEART SIGNS after exposure to a known allergen for the patient

SYMPTOMS TO LOOK FOR:³ THE SUDDEN ONSET OF:



MOUTH:
Itching, swelling of lips and/or tongue

THROAT:
Itching, tightness/closure, coughing

LUNGS:
Shortness of breath, cough, wheeze








HEART:
Chest pain, weak pulse, dizziness, passing out

STOMACH:
Vomiting, nausea, diarrhea, cramps

SKIN:
Itching, hives, redness, swelling

MANAGING ANAPHYLAXIS²

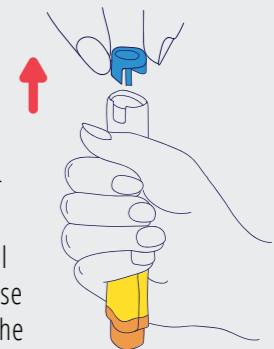
ANAPHYLAXIS CAN BE LIFE THREATENING - ACT FAST!

- 1 Sit or lie patient down 
- 2 Recognize severity of reaction & consult **action plan** for treatment 
- 3 Remember: **≥2 systems** involved or **any chest or heart** involvement = **anaphylaxis** 
- 4 If in anaphylaxis, **administer adrenaline or adrenaline auto-injector immediately** 
- 5 **Inform** ambulance, then inform family 
- 6 **Repeat adrenaline** every 5-10 minutes if not responding 
- 7 Transfer to **hospital** 

IF IN DOUBT, GIVE ADRENALINE:⁴

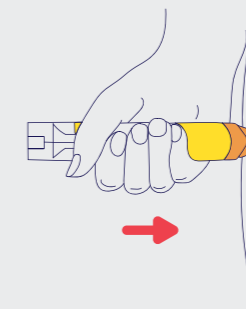
STEP 1:

- Form a fist around the adrenaline auto-injector (orange tip down)
- With the other hand pull off the blue safety release
- Remember . . . blue to the sky, orange to the thigh



STEP 2:

- Hold or swing and firmly push orange tip against mid outer thigh so that it clicks
- Hold down firmly on thigh for 10 seconds to allow full delivery of adrenaline



STEP 3:

- Remove adrenaline auto-injector from thigh

