

Fairview Community Primary School



SEVERE ALLERGY (EPI PEN REQUIRED) – CARE PLAN

Child Name:		
Date of Birth:		
Allergic to:		

Form completed date: _____
Review Date: _____
Medication Expiry Date: _____

Mild/moderate reaction:

- Swollen lips, face or eyes
- Itchy/tingling mouth
- Hives or itchy skin rash
- Abdominal pain or vomiting
- Sudden change in behaviour

Action to take:

- Stay with the child, call for help if necessary

- Locate adrenaline autoinjector(s) (EpiPen)

- **Give antihistamine:**

_____ (Name of medication)
(If vomited, repeat dose)

- Phone parent/emergency contact

Emergency Contacts:

Name: _____

Tel: _____

Name: _____

Tel: _____

How to give EpiPen

Watch for signs of ANAPHYLAXIS

Anaphylaxis may occur without skin symptoms ALWAYS consider anaphylaxis in someone with known food allergy who has SUDDEN BREATHING DIFFICULTY.

A AIRWAY

Persistent cough
Hoarse voice
Difficulty swallowing
Swollen tongue

B BREATHING

Difficult or noisy breathing
Wheeze or persistent cough

C CONSCIOUSNESS

Persistent dizziness
Pale or floppy
Suddenly sleepy
Collapse/unconscious

IF ANY ONE (OR MORE) OF THESE SIGNS ABOVE ARE PRESENT:

- Lie child flat with legs raised (if breathing is difficult, allow child to sit)
- Use EpiPen without delay
- Dial 999 for ambulance and say ANAPHYLAXIS
***IF IN DOUBT, GIVE ADRENALINE ***

AFTER GIVING ADRENALINE:

1. Stay with the child until ambulance arrives, **do NOT stand child up**
2. Commence CPR if there are no signs of life
3. Phone parent/emergency contact
4. If no improvement **after 5 minutes**, **give a further adrenaline dose** using a second EpiPen if available.

PULL OFF BLUE SAFETY CAP and grasp EpiPen. Remember "blue to sky, orange to the thigh".



Hold leg still and PLACE ORANGE END against mid-outer thigh "with or without clothing"



PUSH DOWN HARD until a click is heard or felt and hold in place for **3 seconds**. Remove EpiPen.



Additional instructions:

If wheezy, GIVE ADRENALINE FIRST, then asthma reliever (blue puffer) via spacer