



Anaphylaxis

A severe allergic reaction needs adrenaline immediately.



Any severe sign: difficult/noisy breathing, swollen tongue, tight throat, wheeze, hoarse voice, persistent dizziness or collapse; pale/floppy child.

1

Lay the person flat

Do not let them stand or walk. If breathing is difficult, allow sitting with legs outstretched. Hold young children flat. If pregnant, place on the left side.

2

Give adrenaline immediately

Use the adrenaline injector in the outer mid-thigh, following its label and the person's action plan. Do not delay for antihistamines or an asthma reliever.

3

Call 000

Say "anaphylaxis" and ask for an ambulance. Stay with the person. Contact family or their emergency contact after calling the ambulance.

4

Repeat if needed

If there is no improvement after 5 minutes, give another adrenaline injector if available. Ambulance assessment and hospital observation are needed even if they improve.

A rash is not required

Anaphylaxis can occur without skin symptoms. Abdominal pain or vomiting after an insect sting can also be anaphylaxis.

If they become unresponsive

If breathing normally, place on their side. If not breathing normally, start CPR and follow 000. Keep them lying down.



Lay flat

Do not let them stand or walk.

Sources: Healthdirect anaphylaxis; ASCIA First Aid Plan for Anaphylaxis; ASCIA how to give adrenaline devices; ANZCOR Guideline 9.2.7.