

# BE ALLERGY AWARE

## SAVE A LIFE

Life threatening anaphylaxis is a severe reaction to allergens such as food, insect stings, medication & latex

Recognise the **ABC symptoms** and act quickly - you could save a life.

### What to look for

#### **A** Airway

- ✓ Persistent cough
- ✓ Vocal changes (hoarse voice)
- ✓ Difficulty swallowing
- ✓ Swollen tongue

#### **B** Breathing

- ✓ Difficult or noisy breathing
- ✓ Wheezing (like an asthma attack)

#### **C** Consciousness /Circulation

- ✓ Feeling lightheaded or faint
- ✓ Clammy skin
- ✓ Confusion
- ✓ Unresponsive/unconscious (due to a drop-in blood pressure)

### What to do

#### **1** Lay person flat - do NOT allow them to stand and walk

- If unconscious, place them in the recovery position
- If breathing is difficult allow them to sit up
- If they feel dizzy or appear pale, their legs should be raised
- Pregnant patients should not lay flat, and should be laid on their left-hand side

#### **2** Give an Adrenaline Auto Injector

(Refer to device label for instructions)

#### **3** Phone 999

Tell them the person is suffering from anaphylaxis (anna-fill-axis)

#### **4** If there is no improvement

of symptoms after 5 minutes, a second dose of adrenaline can be given