

Name: \_\_\_\_\_ Date of birth: DD / MM / YYYY

Confirmed allergen(s): \_\_\_\_\_

Family/emergency contact(s):

1. \_\_\_\_\_ Mobile: \_\_\_\_\_

2. \_\_\_\_\_ Mobile: \_\_\_\_\_

Plan prepared by: \_\_\_\_\_ (prescriber) who authorises medications to be given, as consented by the parent/guardian, according to this plan.

Signed: \_\_\_\_\_ Date: DD / MM / YYYY

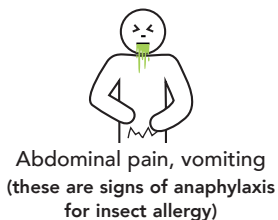
Adrenaline device/s prescribed: \_\_\_\_\_

Antihistamine: \_\_\_\_\_ Dose: \_\_\_\_\_

This plan does not expire but review is recommended by: DD / MM / YYYY

## MILD TO MODERATE ALLERGIC REACTIONS

### SIGNS



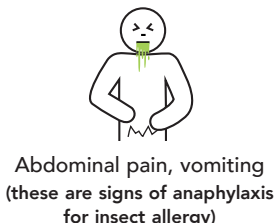
### ACTIONS

- Stay with person, call for help
- Locate adrenaline (epinephrine) device
- Give antihistamine - see above
- Phone family/emergency contact
- Insect allergy - flick out sting if visible
- Tick allergy - seek medical help or freeze tick and let it drop off

**Mild to moderate allergic reactions may not always occur before anaphylaxis**

## ANAPHYLAXIS (SEVERE ALLERGIC REACTIONS)

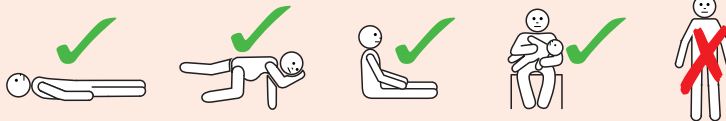
### WATCH FOR ANY ONE OF THE FOLLOWING SIGNS



### ACTIONS

#### 1 LAY PERSON FLAT - do NOT allow them to stand or walk

- If unconscious or pregnant, place in recovery position - on left side if pregnant
- If breathing is difficult allow them to sit with legs outstretched
- Hold young children flat, not upright



#### 2 GIVE ADRENALINE DEVICE

#### 3 Phone ambulance - 000 (AU) or 111 (NZ)

#### 4 Phone family/emergency contact

#### 5 Further adrenaline may be given if no response after 5 minutes

#### 6 Transfer person to hospital for at least 4 hours of observation



5:00 minutes

#### IF IN DOUBT GIVE ADRENALINE DEVICE

Commence CPR at any time if person is unresponsive or not breathing normally

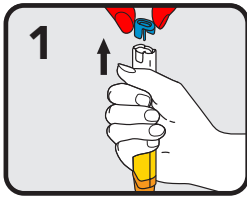


See page 2 for adrenaline device instructions or scan this code

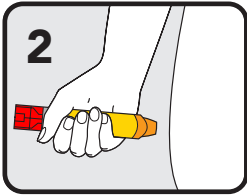
**ALWAYS GIVE ADRENALINE DEVICE FIRST**, then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication (who may have been exposed to the allergen) has **SUDDEN BREATHING DIFFICULTY** (including wheeze, persistent cough or hoarse voice). **Anaphylaxis can occur without skin symptoms.**

If device is accidentally injected or activated, use another adrenaline device if available.  
If adrenaline is accidentally injected, contact the local poisons information centre.

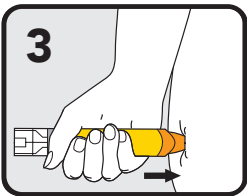
## EpiPen®



1 Form fist around EpiPen® and pull off blue safety release



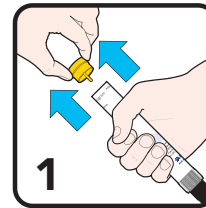
2 Hold leg still and place orange end against outer mid-thigh (with or without clothing)



3 Push down hard until a click is heard or felt and hold in place for 3 seconds. Remove EpiPen®

EpiPen® Jr (150 mcg) is prescribed for children 7.5 - 20kg  
EpiPen® (300 mcg) is prescribed for children over 20kg and adults

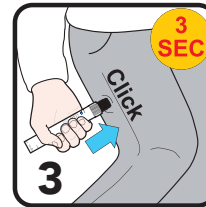
## Jext®



1 Form fist around Jext® and pull off yellow cap



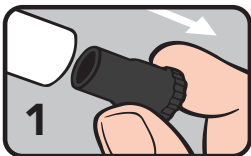
2 Place black injector tip against outer mid-thigh (with or without clothing)



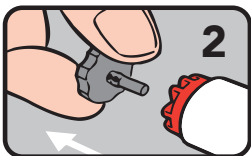
3 Push black tip firmly until a click is heard and hold in place for 3 seconds. Remove Jext®

Jext® Jr (150 mcg) is prescribed for children 7.5 - 20kg  
Jext® (300 mcg) is prescribed for children over 20kg and adults

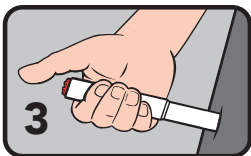
## Anapen®



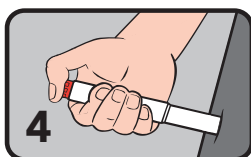
1 Pull off black needle shield



2 Pull off grey safety cap from red button



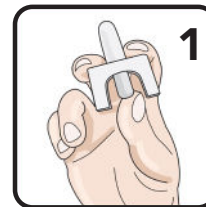
3 Place needle end firmly against outer mid-thigh at 90° angle (with or without clothing)



4 Press red button so it clicks and hold for 3 seconds. Remove Anapen®

Anapen® 500 is prescribed for children over 50kg and adults

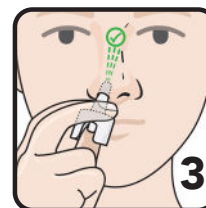
## neffy®



1 Hold as shown. Do not test spray



2 Place nozzle into nostril until fingers touch nose.



3 Press plunger firmly

neffy® 1mg is prescribed for children 15 - 30kg (4 years and over)  
neffy® 2mg is prescribed for children and adults 30kg and over

Follow the ASCIA Action Plan or First Aid Plan for Anaphylaxis

Each device is for single-use only.

Give the used device to the ambulance with the time it was given.



Scan this QR code for instructions on the ASCIA website.