

Severe allergic reaction (anaphylaxis)



**IN A MEDICAL EMERGENCY
CALL TRIPLE ZERO (000) FOR AN AMBULANCE.**

DRSABCD Danger ► Response ► Send for help ► Airway ► Breathing ► CPR ► Defibrillation

The DRSABCD Action Plan is the first step when providing first aid. Use this to assess the immediate situation. [DOWNLOAD THE DRSABCD FACT SHEET.](#)

WARNING

- Anaphylaxis is potentially life-threatening.
- People diagnosed with severe allergies should have an anaphylaxis action plan and an adrenaline auto-injector. They may also wear a medical alert device (eg a bracelet).
- In a severe allergic reaction, you should use any available adrenaline auto-injector.

SIGNS AND SYMPTOMS

The following signs and symptoms of a **MILD TO MODERATE ALLERGIC REACTION** may precede anaphylaxis:

- swelling of face and tongue
- hives, welts or body redness
- tingling mouth
- abdominal pain, vomiting, diarrhoea

The main symptoms of a **SEVERE ALLERGIC REACTION** are rapidly developing breathing and circulation problems.

Other signs and symptoms may include:

- wheeze or persistent cough
- difficult or noisy breathing
- difficulty talking or a hoarse voice
- swelling or tightness in throat
- faintness, dizziness
- confusion
- loss of consciousness
- pallor and floppiness (in young children)

WHAT TO DO

- 1 Follow DRSABCD.
- 2 Ask the patient if they need help with their action plan if they have one. Only help the patient if they request it.
- 3 Help the patient to lie down flat. If breathing is difficult, allow the patient to sit but not stand.
- 4 If the patient is carrying an adrenaline auto-injector, use it immediately. Ask the patient if they need your help to use the injector.
- 5 **Call triple zero (000)** for an ambulance.
- 6 Monitor the patient. If there is no improvement after 5 minutes, use another adrenaline auto-injector, if available.
- 7 If breathing stops, follow DRSABCD.

HOW TO GIVE EPIPEN® OR EPIPEN JR®

- 1 Form a fist around the EpiPen® and **PULL OFF THE BLUE SAFETY RELEASE.**
- 2 Hold the patient's leg still and **PLACE THE ORANGE END** against the patient's 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.
All EpiPens® should be held in place for 3 seconds regardless of instructions on the device's label.
- 4 **REMOVE** the EpiPen®.

FOR MORE INFORMATION SEE WWW.ALLERGY.ORG.AU

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