

Severe allergic reaction (anaphylaxis)



**In a medical emergency,
call Triple Zero (000) for
an ambulance.**

Warning

Anaphylaxis is a severe allergic reaction and potentially life-threatening—always treat as a medical emergency.

Signs & symptoms

Watch for any one of the following for anaphylaxis—

- difficulty and/or noisy breathing
- swelling of the tongue
- swelling/tightness of the throat
- difficulty talking and/or hoarse voice
- wheezing and/or coughing
- persistent dizziness or collapse
- young children may be pale and floppy.

Mild to moderate allergic reaction (may precede anaphylaxis):

- swelling of the lips, face, eyes
- hives or welts
- tingling mouth
- abdominal pain and vomiting.

What to do

Unconscious patient

1. Follow DRSABCD.
2. Immediately administer the adrenaline auto-injector, if available.

Conscious patient

1. Follow DRSABCD.
2. Help patient to sit or lie in a position that assists breathing.
3. If the patient is carrying an auto-injector (e.g. EpiPen®, AnaPen®), it should be used at once. Let the patient administer the auto-injector themselves, or ask if they require assistance.
4. Keep the patient in a lying or sitting position. Observe and record pulse and breathing.
5. If no response after 5 minutes, further adrenaline may be given.

See www.allergy.org.au for further information.