AAIS (EPIPEN) USE & SEVERE ALLERGY RESPONSE

Allergic Reaction Emergency Flowchart

1. SPOT THE SIGNS

Mild / Moderate:
- Itching, rash, hives
- Mild swelling (lips/eyes)
- Tingling mouth
- Nausea

Severe (Anaphylaxis:
- Difficulty breathing or wheezing
- Swelling of tongue or throat
- Trouble speaking or swallowing
- Dizziness, collapse

2. ACT FAST

- Call for help
- Ask someone to call 999
- Say “This is an anaphylaxis emergency”

3. GIVE ADRENALINE (AAI)

IF IN DOUBT, GIVE ADRENALINE

- Use AAI immediately
- Inject into mid - outer thigh
- Hold in place as instructed on device
- Note time given

4. POSITION

- Lay patient flat, raise legs
- If breathing difficulty, sit slightly
- Do NOT stand or walk
- Recovery position if unconscious

5. MONITOR

- Stay with child
- Check breathing and responsiveness
- Stay calm
- IF NO IMPROVEMENT AFTER 5 MINS, USE SECOND DOSE

6. HANDOVER

- Confirm ambulance arrival
- Give details (time, symptoms, allergies, steps taken)
- Hand over used AAI(s) to paramedics

7. AFTERCARE

- Ensure patient receives an assessment at the hospital
- Inform parents or carers
- Report the incident
- Replace any used AAIs

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