



A guide to...

# Your Child's Emergency Allergy Pack with Antihistamine

*Patient information*

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If you need this leaflet in another language, large print, Braille or audio version,  
please call **01923 217 187** or email [westhert.pals@nhs.net](mailto:westhert.pals@nhs.net)



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## Why does my child I need an Allergy Action Pack?

An allergy action pan is a kit containing evrything you need in case of an allergic reaction.

## Is my/ my child's allergy severe?

There is no such thing as a mild or severe allergy as reactions are always unpredictable. However we do classify reactions as mild, moderate or severe. While it follows that a severe reaction makes the anxiety about the severity of the next reaction high, we cannot predict the severity of subsequent reactions.

However there are some foods and some allergies which are assessed as having very low risk of a significant reaction.

The way to manage your child with their allergy is to ensure you have the best possible safety net in case of an unforeseen reaction.

Your doctor will give you a specific **allergy plan** (like the one to the right) which you should also give to your child's school.

**bsaci** **ALLERGY ACTION PLAN** **RCPCH** **allergyUK**

This child has the following allergies:

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Photo: \_\_\_\_\_

**Mild/moderate reaction:**

- Swollen lips, face or eyes
- Itchy/tingling mouth
- Hives or itchy skin rash
- Abdominal pain or vomiting
- Sudden change in behaviour

**Action to take:**

- Stay with the child, call for help if necessary
- Locate adrenaline autoinjector(s)
- Give antihistamine:  
CETIRIZINE 2.5mg (if vomited, can repeat dose)
- Phone parent/emergency contact

**Watch for signs of ANAPHYLAXIS (Life-threatening allergic reaction)**

Anaphylaxis may occur without skin symptoms. ALWAYS consider anaphylaxis in someone with known food allergy who has **SUDDEN BREATHING DIFFICULTY**

**A AIRWAY**

- Persistent cough
- Hoarse voice
- Difficulty swallowing
- Swollen tongue

**B BREATHING**

- Difficult or noisy breathing
- Wheeze or persistent cough

**C CONSCIOUSNESS**

- Persistent dizziness
- Pale or floppy
- Suddenly sleepy
- Collapse/unconscious

**IF ANY ONE (OR MORE) OF THESE SIGNS ABOVE ARE PRESENT:**

- Lie child flat with legs raised (if breathing is difficult, allow child to sit)
- Immediately dial 999 for ambulance and say ANAPHYLAXIS ('ANA-FIL-'AX-IS')
- In a school with 'spare' back-up adrenaline autoinjectors, ADMINISTER the SPARE AUTOINJECTOR if available
- Commence CPR if there are no signs of life
- Stay with child until ambulance arrives, do NOT stand child up
- Phone parent/emergency contact

**\*\*\* IF IN DOUBT, GIVE ADRENALINE \*\*\***

You can dial 999 from any phone, even if there is no credit left on a mobile. Medical observation in hospital is recommended after anaphylaxis. For more information about managing anaphylaxis in schools and 'spare' back-up adrenaline autoinjectors, visit: [spareinjectorschools.uk](http://spareinjectorschools.uk)

**Emergency contact details:**

1) Name: \_\_\_\_\_  
Phone: \_\_\_\_\_

2) Name: \_\_\_\_\_  
Phone: \_\_\_\_\_

**Additional instructions:**

**Parental consent:** I hereby authorise school staff to administer the medicines listed on this plan, including a 'spare' back-up adrenaline autoinjector (AAI), if available, in accordance with Department of Health Guidance on the use of AAIs in schools.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

For more information about managing anaphylaxis in schools and 'spare' back-up adrenaline autoinjectors, visit: [spareinjectorschools.uk](http://spareinjectorschools.uk)

This BSACI Action Plan for Allergic Reactions is for children and young people with mild food allergies, who need to avoid certain allergens. For children at risk of anaphylaxis and who have been prescribed an adrenaline autoinjector device, there are BSACI Action Plans which include instructions for adrenaline autoinjectors. These can be downloaded at [bsaci.org](http://bsaci.org)

For further information, consult NICE Clinical Guidance CG116 Food allergy in children and young people at [guidance.nice.org.uk/CG116](http://guidance.nice.org.uk/CG116)

This is a medical document that can only be completed by the child's healthcare professional. It must not be altered without their permission. This document provides medical authorisation for schools to administer a 'spare' adrenaline autoinjector in the event of the above named child having anaphylaxis (as permitted by the Human Medicines (Amendment) Regulations 2013). The healthcare professional must be confident that there are no medical contraindications to the above named child being administered an adrenaline autoinjector by school staff in an emergency. This plan has been prepared by: \_\_\_\_\_

Slips & print name: \_\_\_\_\_ Dr Ashley Reece, Consultant Paediatrician

Hospital/Clinic: **Watford and Hemel Hospitals Paediatric Clinics**

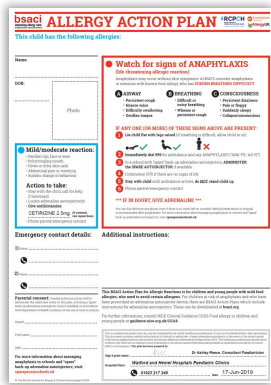
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Generally allergy is managed by:

<b>Avoidance</b>	You <b>MUST avoid</b> any foods which you know your child is allergic to. Take care with labels and risk assess any new foods and when eating out in a restaurant or from a take-away.
<b>Anti-histamine</b>	Have <b>antihistamine</b> available. For children over 1 year this is Cetirizine which is non-drowsy. Liquid is easier to take than tablets if a reaction involves the mouth or tongue.
<b>Allergy Kit</b>	Ensure you have your 'allergy kit' including the <b>Action Plan</b> , and <b>Antihistamine</b> medication with you <b>AT ALL TIMES</b> .

# Your Emergency Allergy Pack



## 2. Antihistamine Liquid and/or tablets



## 3. Inhaler and spacer If these are prescribed

## 1. Allergy Plan Appropriate for your device



Your child needs a bag, bum-bag, shoulder bag, box or suitable container for their Emergency Allergy Pack

## Antihistamines

Antihistamine medicine relieves the symptoms of allergies. We usually prescribe **Chlorphenamine** (also known as Piriton) for children under 1 year of age. For older children over 1 year of age, **Cetirizine** is often used. Chlorphenamine is a medicine that makes you drowsy if you take it, but Cetirizine is a non-drowsy antihistamine medicine.

Information about antihistamines:

<https://www.nhs.uk/conditions/antihistamines/>

Information about Chlorphenamine:

<https://www.nhs.uk/medicines/chlorphenamine-including-piriton/>

Information about Cetirizine:

<https://www.nhs.uk/medicines/cetirizine/>

We usually advise having the LIQUID preparation available because if the tongue or throat are affected it can be more difficult to swallow a tablet.

## Further information about allergies

Allergy UK is a UK charity dedicated to allergy  
[www.allergyUK.org](http://www.allergyUK.org)

The Anaphylaxis Campaign  
[www.anaphylaxis.org.uk/](http://www.anaphylaxis.org.uk/)

Allergy resources (emergency bags etc)  
[www.allergylifestyle.com](http://www.allergylifestyle.com)

Information, advice and support for people with allergy and their carers  
[www.actionagainstallergy.org](http://www.actionagainstallergy.org)

Templates to complete and give chefs in restaurants.  
<https://allergyfacts.org.au/resources/aaa-translated-chef-card-template>

## How to contact us

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