

Information for Parents, Children and Young People

Your Allergy Emergency Action Pack

Why do I need an Allergy Action Pack?

An allergy action pack is a kit containing everything 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.

Therefore all children who have an allergy are at risk of a severe reaction.

So 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.

Generally allergy is managed by:

Avoidance

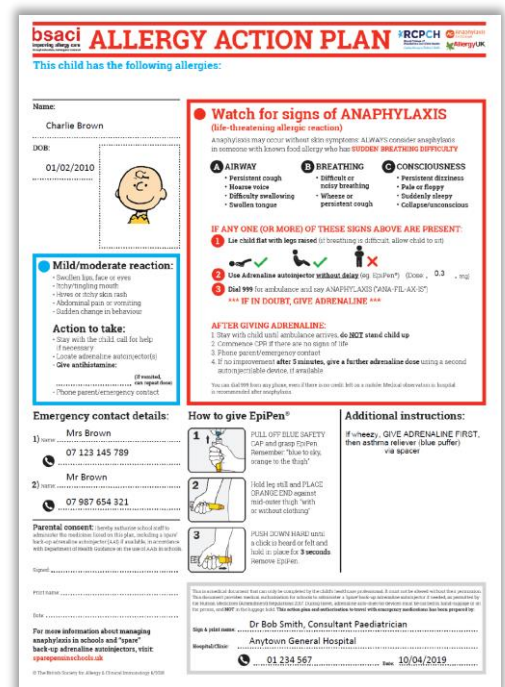
You **MUST avoid** any foods which you know your child is allergic to. Take care with labels and risk assess any new foods and when eating out in a restaurant or from a take-away.

Anti-histamine

Have **anti-histamine** 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.

Adrenaline Pen

Ensure you have your 'allergy kit' including the **Action Plan**, **Anti-histamine** and your child's **Adrenaline Pen** with you **AT ALL TIMES**.



bsaci ALLERGY ACTION PLAN RCPCH

This child has the following allergies:

Name: Charlie Brown
DOB: 01/02/2010

Mild/moderate reaction:

- Swollen lips, face or eyes
- Itchy/tingling mouth
- Swelling of throat/difficult to swallow
- Abdominal pain or vomiting
- Sudden change in behaviour

Action to take:

- Give child the **child call** for help if necessary
- Give **antihistamine** (if available)
- Give **antihistamine** (if available)
- Phone parent/emergency contact

Emergency contact details:

1) Mrs Brown 07 123 145 789
2) Mr Brown 07 987 654 321

Parental consent: I hereby authorize school staff to administer the medicine specified in this plan, including to transport my child to hospital if necessary, and to contact my GP or other medical professionals if necessary.

How to give EpiPen:

- PULL OFF BLUE SAFETY CAP and grasp EpiPen. Remember: "Take the cap, squeeze to the stop"
- Hold leg with and PLACE ORANGE END against mid-outer thigh (with or without clothing)
- PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds. Release EpiPen.

Additional instructions: If wheezy, GIVE ADRENALINE FIRST, then asthma reliever (blue puff) via spacer

Watch for signs of ANAPHYLAXIS (life-threatening allergic reaction)

Asthymal reactions may occur without skin symptoms. ALWAYS consider anaphylaxis in someone with known food allergy who has SEVERE WHEEZING/RESPIRATORY DISTRESS

1 AIRWAY

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

2 BREATHING

- Difficult or noisy breathing
- Wheezing or persistent cough

3 CONSCIOUSNESS

- Pale or floppy
- Suddenly floppy
- Collapse/unconscious

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

- Use child flat with legs raised (if breathing is difficult, allow child to sit)
- Use **Adrenaline autoinjector without delay** (EpiPen®) (0.1mg / 0.3mg)
- Call 999 for ambulance and say ANAPHYLAXIS (PADA-FEL-AN-SE)
- IF IN DOUBT, GIVE ADRENALINE *****

AFTER GIVING ADRENALINE:

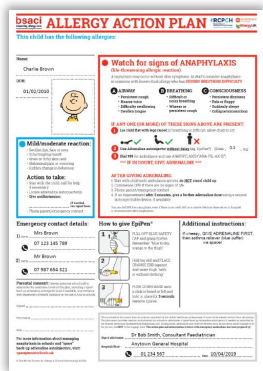
- Stay with child until ambulance arrives, do NOT stand child up
- Continue CPR if there are no signs of life
- Phone parent/emergency contact
- If no improvement after 5 minutes, give a further adrenaline dose using a second autoinjector device if available

You can return from any place, even if there is no medical help in a public Medical observation hospital if recommended after anaphylaxis.

For more information about managing anaphylaxis in schools and "open" back up adrenaline autoinjectors, visit www.allergyuk.org.uk

Dr Bob Smith, Consultant Paediatrician
Anytown General Hospital
01 234 567 10/04/2019

Your Emergency Allergy Pack



1. Allergy Plan



2. Antihistamine *Liquid or tablets*



3. Inhaler and spacer *(if prescribed)*



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

4. TWO Adrenaline pens *available at all times*



APP

Download the APP for your device.



ALERT

Sign up for an expiry alert by text to remind you to get another prescription from your GP

Why two pens?

A number of important medication authorities and health agencies have reviewed the evidence around using adrenaline auto-injectors to treat a severe allergic reaction. The consistent recommendation is that patients who have been prescribed an auto-injector **should carry two adrenaline pens at all times**, however, normally only one auto-injector is required for self-administration during a reaction. The reason for two pens includes the device failing in some way when used (this is extremely rare), a person using it incorrectly, so the dose is wasted (this is more common and is why training is very important), and some people need an extra dose of adrenaline when they have a severe reaction (this is less common too).

The local Health Board (Hearts Valleys Clinical Commissioning Group) have produced guidance about the prescribing of adrenaline pens by GPs. This is available here:

<https://tinyurl.com/HVCCG-AAI-Info>.

Expiry Alert Service

Sign up for the **Expiry Alert Service** and receive free reminders by text or email when your Adrenaline Pen is about to expire. If you have more than one pen with the same expiry date then you only need to sign up once. If your pens have different expiry dates, you should register each pen.

An alert bracelet

Signing up to a Medic Alert service which gives a physical alert of a medical condition (bracelet or necklace) <https://www.medicalert.org.uk/#>. Similar items can be sourced elsewhere – for example Amazon or at <https://www.mediband.com/gb/> which may be more suitable for younger children.



Further information about allergies

Allergy UK is a UK charity dedicated to allergy
www.allergyUK.org

The Anaphylaxis Campaign
www.anaphylaxis.org.uk/

Spare Pens in Schools
www.sparepensinschools.uk

Allergy resources (emergency bags etc)
www.allergylifestyle.com/

Information, advice and support for people with allergy and their carers
www.actionagainstallergy.org

Adrenaline Auto Injectors
Jext <https://jext.co.uk/>
Epipen www.epipen.co.uk
Emerade www.emerade-bausch.co.uk

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