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Your Child's Emergency Allergy Pack
with Antihistamine



Patient information

Your Child's Emergency Allergy Pack with Antihistamine

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1/3 fold |



Excellent patient care, together

Why does my child I need an Allergy Action Pack?

An Allergy Action Pack is a kit containing everything you need in case your child has an allergic reaction.

Is 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.

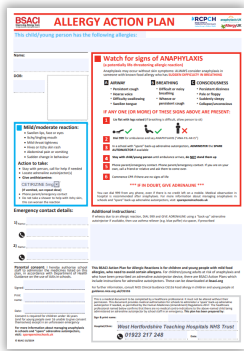
The form is titled 'BSACI ALLERGY ACTION PLAN' and includes logos for BSACI, RCPCH, and Allergy UK. It is designed for a child/young person with allergies. Key sections include:

- Watch for signs of ANAPHYLAXIS** (a potentially life-threatening allergic reaction). It lists signs for AIRWAY (persistent cough, hoarse voice, difficulty swallowing, swollen tongue), BREATHING (difficult or noisy breathing, wheeze or persistent cough), and CONSCIOUSNESS (persistent dizziness, pale or floppy, suddenly sleepy, collapse/unconscious).
- IF ANY ONE (OR MORE) OF THESE SIGNS ABOVE ARE PRESENT:**
 - 1 Lie flat with legs raised (if breathing is difficult, allow person to sit)
 - 2 Dial 999 for ambulance and say ANAPHYLAXIS ('AAA-FU, A-X-I-T')
 - 3 In a school with 'green' back-up adrenaline autoinjectors, ADMINISTER the SPARE AUTOINJECTOR if available
 - 4 Stay with child/young person until ambulance arrives, do NOT stand them up
 - 5 Phone parent/emergency contact. Phone parent/emergency contact. If you are on your own, call a friend or relative and ask them to come over.
 - 6 Commence CPR if there are no signs of life
- Mild/moderate reaction:**
 - Sweaten lips, face or eyes
 - Itchy/flinging mouth
 - Mild throat tightness
 - Hives or itchy skin rash
 - Abdominal pain or vomiting
 - Sudden change in behaviour
- Action to take:**
 - Stay with person, call for help if needed
 - Locate adrenaline autoinjector(s)
 - Give antihistamine
- CETIRIZINE 5mg** (if needed, can repeat dose)
 - Phone parent/emergency contact
 - Do not take a shower to help with itchy skin, this can worsen the reaction
- Emergency contact details:**
 - 1) name: _____
 - 2) name: _____
- Parental consent:** I hereby authorize school staff to administer the medicines listed on this plan in accordance with Department of Health Guidance on the use of AAs in schools.
- Signature:** _____
- Date:** _____
- Additional instructions:** If wheezy due to an allergic reaction, DIAL 999 and GIVE ADRENALINE using a 'back-up' adrenaline autoinjector if available, then use asthma reliever (e.g. blue puffer) via spacer, if prescribed.
- Sign & print name:** _____
- Hospital/Clinic:** West Hertfordshire Teaching Hospitals NHS Trust
- Phone:** 01923 217 248
- Date:** _____

Generally allergy is managed by:

Your Emergency Allergy Pack

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.
Allergy Kit	Ensure you have your 'allergy kit' including the Action Plan, and Anti-histamine medication with you AT ALL TIMES.



1. Allergy Plan
Appropriate for your device

2. Antihistamine
Liquid and/or tablets

3. Inhaler and spacer
If these are prescribed



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 one year of age. For older children over one 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.

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Further information about allergies

- Allergy UK is a UK charity dedicated to allergy
www.allergyUK.org
- The Anaphylaxis Campaign
www.anaphylaxis.org.uk/
- Allergy resources (emergency bags etc)
www.allergylifestyle.com
- Information, advice and support for people with allergy and their carers
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

Paediatric Department

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PALS

If you need this leaflet in another **language, large print, Braille or audio version**, please call **01923 217198** or email westherts.pals@nhs.net.



Language



Large Print



Braille



Audio

Where can I park?

Car parking at Watford General Hospital is available in the [multi-storey car park](#). The post code for the car park is **WD18 0LT**.

Please note: due to current redevelopment works at St Albans, parking is very limited.

For more information about travelling to our sites and travel concessions, visit our [website](#).

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