

# ANAPHYLAXIS

## SIGNS & SYMPTOMS

Symptoms are highly variable. Maybe one or more of the following:

- Difficulty/noisy breathing.
- Swelling of face and tongue.
- Swelling/tightness in throat.
- Persistent dizziness.
- Loss of consciousness/collapse.
- Difficulty talking/hoarse voice.
- Wheeze or persistent cough.
- Pale and floppy (in young children).
- Abdominal pain and vomiting.
- Hives, welts and body redness.
- Signs of envenomation.

## HAZARD = TRIGGERS

Certain foods. Insect stings. Tick bites.  
Certain medications. Latex. Exercise etc.

## RISK = LIFE-THREATENING

Airway, breathing and circulatory problems. Unconscious. Cardiac arrest.



EpiPen® Autoinjector  
Junior and Adult

Get someone to call 000, obtain action plan/s and autoinjector/s.

Don't allow to stand or walk.

Remove allergen i.e. flick out stings (Do not remove ticks, kill them where they are e.g. use permethrin cream or an ether-containing spray).

Use the correct sized autoinjector as per instructions.

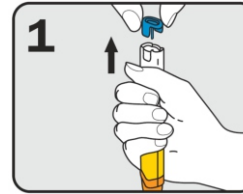
Give more adrenaline if no response after 5 minutes.

If breathing stops, CPR.

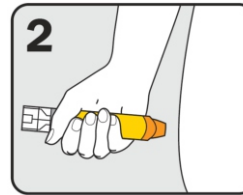
Give oxygen or asthma medication if required.

## HOW TO USE THE EPIPEN® AUTOINJECTOR

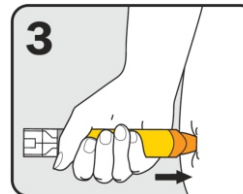
(available in adult and junior sizes).



Form a fist around EpiPen® and PULL OFF THE BLUE SAFETY RELEASE.



PLACE THE ORANGE END against the outer mid-thigh (with or without clothing).



PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds. Remove the EpiPen®.

**Ensure Safety  
for Self and Others**

## FOLLOW ASCIA ACTION PLAN

or FIRST AID PLAN  
or these steps.

## REMOVE ALLERGEN

Or move away, to prevent further exposure.

## LAY THE CASUALTY FLAT

If breathing is difficult, allow to sit, but keep still.

## USE AUTOINJECTOR

Check contents and follow label instructions.

**Call the Ambulance  
on Triple Zero (000)**

## MONITOR CLOSELY

Give another dose if condition doesn't improve after 5 minutes.