

FIRST-AID RESPONSE PLAN ALLERGIES/ ANAPHYLAXIS

MEDICATION:

Carry on your person at all times any medication required e.g. antihistamines and/ Epipen.

'Epipen' is an injection containing epinephrine, a chemical that narrows blood vessels and opens airways in the lungs. These effects can reverse severe low blood pressure, wheezing, severe skin itching, hives, and other symptoms of an allergic reaction.

SIGNS AND SYMPTOMS OF AN ALLERGIC REACTION (not all may be present);

- Swollen lips, face and tongue
- Coughing tingling (pins and needles) in mouth
- Tightness in throat (feeling that airways are closing)
- Hoarseness or trouble speaking
- Fast heartbeat or pulse
- Anxiety or dizziness
- **Severe reaction:** Anaphylaxis or anaphylactic shock

Anaphylaxis is a life-threatening condition identified by the following criteria; sudden onset and rapid progression of symptoms, difficulty breathing, diminishing consciousness, red, blotchy skin.

HOW YOU CAN HELP

- **If you require assistance, ask a student/bystander to go to the front desk to call for a first-aider**
- **Do not leave the person alone until help arrives**
- **Ask bystanders/ students to leave the area**

1. MINOR REACTION

- When or if symptoms appear the person may take antihistamines to manage the reaction and to prevent it worsening
- Following a minor allergic reaction send the person to the Student Health Centre or to their own GP

2. SEVERE REACTION (ANAPHYLAXIS)

IF CONSCIOUS

- Call Emergency Services immediately, dial 999 or 112 (you may need to dial '0' to get an outside line). If the person is carrying medication e.g. Epipen inform call operator and follow their advice
- If the person is conscious he/ she will be able to administer their Epipen
- Make sure the person is comfortable and can breathe as best he/ she can while waiting for Emergency Services help to arrive. If the person is conscious, sitting upright is normally the best position

IF UNCONSCIOUS

- If the person becomes unconscious inform Emergency Services
- Put the person into the recovery position
- Check and monitor vital-signs

If you are a trained first-aider follow training procedures.