

# Management of anaphylaxis

## Recognise the signs of anaphylaxis



- Tightening of the throat
- Hoarse voice
- Difficulty swallowing
- Swollen tongue



- Sudden wheezing
- Difficult or noisy breathing
- Persistent cough



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

If any one (or more) of these signs are present: **Don't delay**

①

Lie flat with legs raised (if breathing is difficult, allow to sit)



②

Give adrenaline device without delay – follow instructions on device (use the school's spare device if needed)

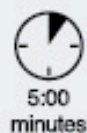
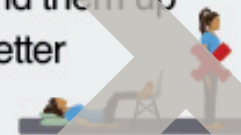
③

Immediately dial 999 for ambulance and say ANAPHYLAXIS (ana-fill-axis)



## After giving adrenaline:

- Stay with the person until ambulance arrives, do NOT stand them up
- Keep them lying down even if things seem to be getting better
- Phone parent / emergency contact



If no improvement after 5 minutes, give another dose of adrenaline using a second device, if available.

Commence CPR at any time if there are no signs of life.



**ALWAYS GIVE ADRENALINE DEVICE FIRST** if someone has **SEVERE AND SUDDEN BREATHING DIFFICULTY** (including wheeze, persistent cough or hoarse voice). **THEN SEEK MEDICAL HELP.**

**Anaphylaxis can occur without skin symptoms.**

This advice does not replace the need for professional training and adequate policies/procedures