

Be Allergy Aware & Save a Life

Anaphylaxis is a serious and life-threatening reaction to allergens such as food, insect stings, medication & latex.

Recognise the **ABC symptoms and act quickly - you could save a life.**

WHAT TO LOOK FOR

A Airway

- Persistent cough
- Vocal changes (hoarse voice)
- Difficulty swallowing
- Swollen tongue

B Breathing

- Difficult or noisy breathing
- Wheezing (like an asthma attack)

C Consciousness/Circulation

- Feeling lightheaded or faint
- Clammy skin
- Confusion
- Unresponsive/unconscious (due to a drop in blood pressure)

WHAT TO DO



1. Lay the person flat - do NOT allow them to stand and walk
 - A. If unconscious, place them in the recovery position
 - B. If breathing is difficult, allow them to sit up
 - C. If they feel dizzy or appear pale, their legs should be raised



2. Administer an adrenaline auto-injector (refer to device label for instructions)



3. Phone 999 and tell them the person is suffering from anaphylaxis (ana-fil-axis)



4. If there is no improvement of symptoms after 5 minutes, a second dose of adrenaline can be given



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