ANAPHYLAXIS

Ensure Safety for Self & Others
Dial Triple Zero (000)
For an Ambulance

Adrenaline Autoinjectors

Common autoinjectors include: EpiPen, Anapen & Jext

EpiPen



Form fist around Epipen and pull off blue safety release



Hold leg still and place orange end against 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 EpiPen.

Intranasal Adrenaline Devices

Current intranasal device include neffy

neffy



Hold as shown
Do not test spray



Place nozzle into nostril until fingers touch nose



Press plunger firmly

SIGNS & SYMPTOMS

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

- 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.
- Difficulty/noisy breathing.
- Swelling of face and tongue.
- Swelling/tightness in the throat.
- Persistent dizziness.
- Loss of consciousness/collapse.

HAZARD = TRIGGERS

- Foods (especially peanuts, tree nuts, cow's milk, eggs, wheat, seafood, fish, soy, sesame)
- Medication (e.g. penicillin)
- Venom from bites (ticks) or stings (e.g. bees, wasps or ants).
- Other – latex, exercise, cold temperatures

RISK = LIFE-THREATENING

- Airway
- Breathing
- Circulatory problems.
- Unconscious.
- Cardiac arrest.

ACTIONS FOR ANAPHYLAXIS

Immediate Actions:

- Immediately get someone else to call 000.
- Retrieve the individual's action plan and autoinjector(s).

Allergen Removal

- Remove Allergens: Flick out stings. Do not remove ticks; kill them using permethrin cream or ether-containing spray.

Do Not Stand or Walk: Lay the person flat on back.

- If unconscious or pregnant, place in the recovery position (left side if pregnant).
- If breathing is difficult, allow sitting with legs outstretched.
- Hold young children flat, not upright.



Administer Adrenaline (epinephrine):

- Follow the instructions for the correct size device.
- Inject the device immediately.
- If no response after 5 minutes, administer another dose.
- If in doubt give the adrenaline device

If Breathing Stops:

- Begin CPR if the person is unresponsive
- Give Oxygen or Asthma medication if required.

FOLLOW ASCIA ACTION PLAN

or FIRST AID PLAN or these steps.

REMOVE ALLERGEN

Or move away, to prevent further exposure.

LAY THE CASUALTY FLAT ON BACK

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

USE ADRENALINE DEVICE

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.

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