



Allergy Action Plan

For suspected anaphylaxis: give adrenaline first, then call emergency services

Name _____	Allergy/allergies _____	Date of birth _____
Auto-injector brand and dose _____	Emergency contact _____	Doctor/clinic _____

EMERGENCY: use adrenaline immediately

Use adrenaline if there is trouble breathing, wheeze, throat tightness, hoarse voice, swollen tongue or throat, collapse, faintness, severe drowsiness, confusion, or a pale/floppy child after possible allergen exposure.

Symptoms to watch for

Airway

Swollen tongue or throat
Tight throat
Difficulty swallowing
Hoarse voice

Breathing

Wheeze
Persistent cough
Noisy breathing
Shortness of breath
Chest tightness

Circulation or brain

Dizziness or faintness
Collapse
Confusion
Severe drowsiness
Pale or floppy child

Do not wait for a rash before treating serious breathing, throat, collapse, or severe drowsiness symptoms.

What to do in anaphylaxis

- 1 Give adrenaline auto-injector now into the outer mid-thigh. It can usually be given through clothing.
- 2 Call emergency services. Say clearly: "anaphylaxis".
- 3 Lay flat with legs raised if possible. Do not stand or walk. If breathing is difficult, sit with legs outstretched.
- 4 Use the second auto-injector after 5 minutes if symptoms have not improved or are getting worse.
- 5 Start CPR if there are no signs of life and follow emergency operator instructions.

If mild symptoms only

Examples: mild hives, itching, or mild swelling away from airway symptoms. Stay with the person, follow the doctor's advice, and monitor closely. If severe symptoms develop, use adrenaline.

Always keep ready

Two in-date adrenaline auto-injectors
Written allergy action plan
Emergency contact details
Trainer pen practice for carers, school, or workplace

Personal notes or doctor instructions

Important Notice: This action plan is educational and should be completed with advice from your own doctor. If urgent or severe symptoms occur, seek emergency medical help immediately.

