



Severe allergic reactions (Anaphylaxis)

A severe allergic reaction will affect the whole body, in susceptible individuals it may develop within seconds or minutes of contact with the trigger factor and is potentially fatal. Possible triggers can include skin or airborne contact with particular materials, the injection of a specific drug, the sting of a certain insect or the ingestion of a food such as peanuts.

Recognition features

- Impaired breathing: this may range from a tight chest to severe difficulty
- There may be a wheeze or gasping for air
- Signs of shock
- Widespread blotchy skin eruption
- Swelling of the tongue and throat
- Puffiness around the eyes
- Anxiety

Treatment

If the individual is not able to administer her own EpiPen then she should be sent straight to Wellbeing. If this is not possible please alert me and I will arrive with a back-up EpiPen kept in Wellbeing. A second EpiPen can be used 5 minutes later if there is no response or the symptoms return.

The aim is now to arrange immediate removal of the individual to hospital.

- Dial 999 or 112 for an ambulance
- Give any information you have on the cause of the individual's condition.

If the casualty is conscious:

- Help them to sit up in a position that most relieves any breathing difficulty, this is usually sitting up and leaning forward slightly. **If the individual becomes unconscious:**
- Open the airway and check breathing
- Be prepared to give rescue breaths and chest compressions
- Place them into the recovery position if the individual is unconscious but breathing normally.

Students will be reminded they must ensure EpiPen's are on them at all times.