



Anaphylaxis (Severe Allergic Reaction)

A severe allergic reaction is the body's immune system overreacting to a foreign substance. This is called Anaphylaxis and is potentially life threatening.

Caused by

- Food: Nuts, cow's milk, eggs, fish, shellfish and soy products.
- Medications: Penicillin, Sulphur, antibiotics, Aspirin, Ibuprofen, Codeine or Morphine.
- Venom: Bites from ticks, stings from bees, wasps and ants.

Signs & symptoms

- Difficult and/or noisy breathing.
- Wheeze or persistent cough.
- Swelling of the face and tongue.
- Swelling/tightness of the throat.
- Difficulty talking and/or "hoarse" voice.
- Persistent dizziness or collapse.
- Young children may become pale and floppy.
- Abdominal pain and vomiting.
- Hives, welts and body redness.

What to do

- 1 Follow DRSABCD St John Action Plan.
- 2 Lay the casualty flat. If breathing is difficult allow them to sit. **DO NOT** allow them to stand or walk.
- 3 If the casualty is carrying an adrenaline auto-injector, use it immediately. Ask the casualty if they need your help to use the auto-injector.
- 4 Urgent medical aid. Call **Triple Zero (000)** for an ambulance immediately.
- 5 If required assist the casualty with an adrenaline auto-injector (EpiPen®).
 - Form a firm fist around the EpiPen® and pull off the BLUE SAFETY RELEASE.
 - Place ORANGE END against outer mid-thigh at a 90° angle (can be injected through clothing).
 - Push down hard until a click is heard or felt and hold in place for three (3) seconds.
 - Remove EpiPen® and dispose of it safely being careful of the needle.
 - Monitor the casualty, if no improvement, administer a second dose after 5 minutes from the initial dose.
- 6 Commence CPR and defibrillation at any time if the casualty is unconscious and is not breathing normally.

In a medical emergency call **Triple Zero (000)**

Book a St John first aid course today | (08) 9334 1233 | stjohnwa.com.au