

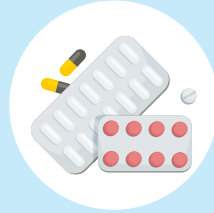
Anaphylaxis

Anaphylaxis is a severe allergic reaction which can be life threatening. It should be treated as a medical emergency.

Common triggers for anaphylaxis include:



Food (e.g. nuts, milk, fish, shellfish, eggs and some fruits)



Medicines (including antibiotics, pain relievers, and contrast agents)



Insects (stings from bees, wasps, and ticks for coastal areas in Australia)

In some cases, there is no obvious trigger (this is known as idiopathic anaphylaxis).

Mild to moderate symptoms do not always occur before the onset of severe symptoms. The casualty may present with one or more symptoms.

Anaphylaxis is easily confused with asthma – if in doubt, **ALWAYS** give the adrenaline autoinjector **FIRST**, and then treat with asthma reliever.

Mild to Moderate Reaction

Signs

- Swelling of the lips, face, eyes
- Hives or welts
- Tingling Mouth
- Abdominal pain, vomiting (these are signs of anaphylaxis for an insect allergy)

Treatment

- Remove the allergen if possible
 - Wash hands/face, change clothes to reduce exposure
 - Remove a bee stinger by scraping if the stinger is visible
 - For a Tick, either seek medical help or kill the tick in place by freezing it with an ether containing spray (available at your chemist) and let it drop off
- Stay with the person and call for help.
- If available, refer to the casualties Allergy Action Plan – look for instructions regarding other medications (e.g. anti-histamines)
- If available, locate adrenaline autoinjector
- Monitor the person – generally severe reactions happen within 2 hours

Severe Reaction

Signs

- Difficult / Noisy Breathing
- Swelling of the tongue
- Swelling / tightness in throat
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Persistent Dizziness or collapse
- Pale and floppy (young children)

Treatment

Lay the person flat – do NOT allow them to stand or walk. Sitting is OK if they are having difficulty breathing. Recovery position (on their side) if they are unconscious

1. Administer the Adrenalin Autoinjector – assist the patient if they are unable to self administer.
2. Hold the device in a fist – do NOT put your thumb on the end
3. Remove the blue safety cap
4. Hold their leg still, position the orange end on the patients outer mid thigh
5. Firmly holding the autoinjector, push until you hear a click. Hold in place for 3 seconds and release.