

WHAT IS ANAPHYLAXIS?

General information

Anaphylaxis is a severe and sudden allergic reaction. It occurs when a susceptible person is exposed to a specific allergen (such as a food or insect sting). Reactions usually begin within minutes of exposure and can progress rapidly over a period of up to two hours or more.

Anaphylaxis is potentially life threatening and always requires an emergency response. Anaphylaxis can occur at any age, but is most common in children and young adults.

Anaphylaxis may be triggered by foods such as peanuts, tree nuts, eggs, wheat, cow's milk, soy and seafood. Other substances that can trigger severe allergic reactions include medications (especially antibiotics), bee and other insect stings.

When a child with severe allergies registers in your program

If a child or young person identifies that they have severe allergies on their ministry registration form, it is important that you discuss the allergy with the child or young person's parent, including:

- Triggers for the allergy
- Medication used to address allergy
- Action Plan in the case of anaphylaxis
- Details of child or young person's general practitioner
- Strategies that may be useful in avoiding exposure to known allergens

It is also important that leaders working with the child or young person have been briefed on the above information and the appropriate use of the EpiPen[®] in case of anaphylaxis.

More information

More detailed information on anaphylaxis and strategies to avoid exposure to allergens may be obtained from **Guidelines for Children's Services - Anaphylaxis** NSW Department of Health, NSW Department of Community Services, Anaphylaxis Working Party, 2007.

http://www.community.nsw.gov.au/DOCSWR/assets/main/documents/ANAPHYLAXIS_GUIDELINES.PDF

Samples of forms and templates for parents and general practitioners may be obtained from **Anaphylaxis – Guidelines for Schools, Severe Allergic Reactions**, Second Edition, NSW Department of Education and Training, 2006.

http://www.schools.nsw.edu.au/media/downloads/schoolsweb/student-support/student-health/aguidelines_v2.pdf

A general **Action Plan for Anaphylaxis** is included in this **Implementation Pack** and is also available from **Action Plan for Anaphylaxis**, ASCIA, 2003.

http://www.allergy.org.au/images/stories/anaphylaxis/anaphylaxis_plan_child_au.pdf

If you have any concerns about identifying or responding to severe allergic reactions, please contact **The Australasian Society of Clinical Immunology and Allergy (ASCIA)**

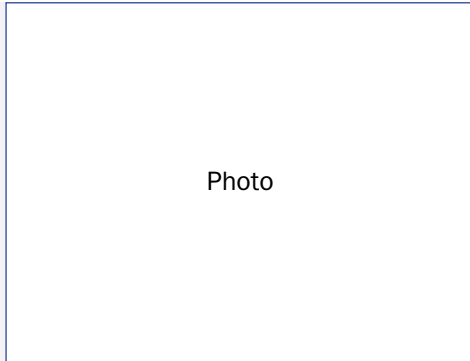
Email: education@allergy.org.au.

In the case of an emergency ring **000** immediately.

Action plan for Anaphylaxis

Name: _____

Date of birth: _____



Known severe allergies: _____

Parent/carer name(s) _____

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

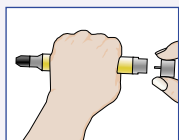
Plan prepared by:

Dr. _____

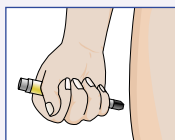
Signed _____

Date _____

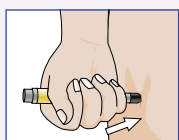
How to give EpiPen® or EpiPen® Jr



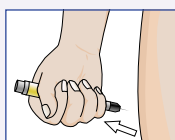
1. Form fist around EpiPen® and pull off grey cap.



2. Place black end against outer mid-thigh.



3. Push down **HARD** until a click is heard or felt and hold in place for 10 seconds.



4. Remove EpiPen® and be careful not to touch the needle. Massage the injection site for 10 seconds.

MILD TO MODERATE ALLERGIC REACTION

- swelling of lips, face, eyes
- hives or welts
- abdominal pain, vomiting

ACTION

- stay with child and call for help
- give medications (if prescribed)
- locate EpiPen® or EpiPen® Jr
- contact parent/carer



watch for signs of Anaphylaxis

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- difficulty/noisy breathing
- swelling of tongue
- swelling/tightness in throat
- difficulty talking and/or hoarse voice
- wheeze or persistent cough
- loss of consciousness and/or collapse
- pale and floppy (young children)

ACTION

- 1 Give EpiPen® or EpiPen® Jr**
- 2 Call ambulance. Telephone 000**
- 3 Contact parent/carer**

If in doubt, give EpiPen® or EpiPen® Jr

Additional Instructions _____

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ascia

australasian society of clinical immunology and allergy inc.

www.allergy.org.au