

Anaphylaxis (Allergic Reaction)

Allergies are very common in children and can cause anything from a 'tingly tongue' to proving life-threatening. About 2 in 5 people in Britain will suffer an allergic reaction at some point in their life.



Common triggers:



Common Anaphylaxis Triggers



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- Peanuts
- Tree nuts (almonds, walnuts, cashews, Brazil)
- Sesame
- Fish
- Shellfish

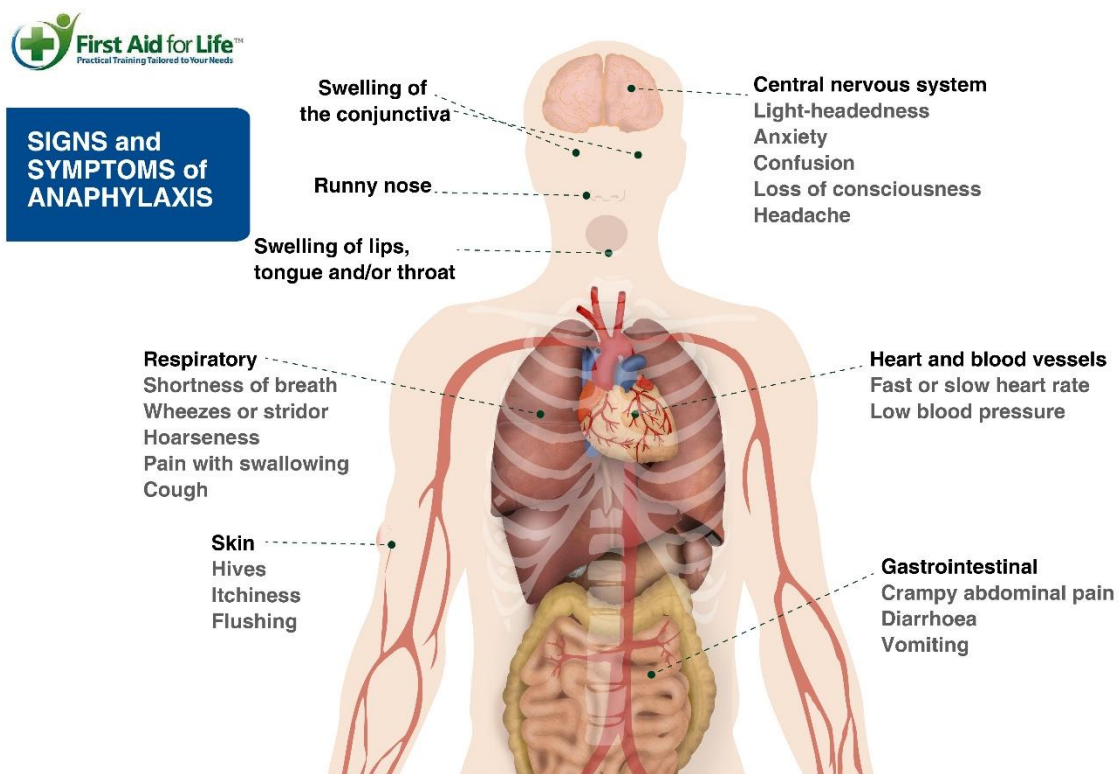
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- Dairy products
- Eggs
- Wasp/bee stings
- Latex (rubber)
- Penicillin or any other drug

Symptoms of an allergic reaction:



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- Red cheeks
- A rash
- Swelling of the throat and mouth
- Difficulty swallowing or speaking
- Racing heart
- Bad stomach pain
- Being sick
- Sudden weakness followed by collapse
- Unconsciousness
- Severe asthma attack which isn't helped by their inhaler
- Anxiety

If someone is having an allergic reaction:

1. They will need their auto-injector (Epipen/Jext/Emerade), which will have been prescribed by their doctor.



2. Hold it in your strongest hand.
3. Remove the cap.
4. Press the orange or black tip firmly into the casualty's thigh until it clicks. This can be done through clothes. Avoid seams.
5. Hold it there for 10 seconds.



6. Massage the area for 10 seconds.
7. Phone 999 to call an ambulance.

While waiting for the ambulance:

They should lie down and raise their legs slightly.



Unless they are finding it hard to breathe. Then they should sit upright.

NOTE:

For mild allergic reactions, an antihistamine syrup or tablet may be enough to help them feel better. These take 15 minutes to work.

If they haven't got an auto-injector you should call 999 for emergency medical help immediately.

Written by Emma Hammett for First Aid for Life

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It is strongly advised that you attend a practical first aid course with us to consolidate this knowledge. Our team of highly experienced medical, health and emergency services professionals would be delighted to come and run a course to suit your requirements and budget. Please visit <https://firstaidforlife.org.uk> or call 0208 675 4036 for more information about our courses.

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