

Allergy Action Plan

CHILD'S NAME _____

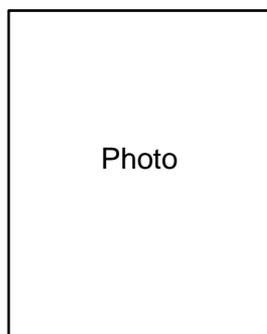
ESTABLISHMENT _____

HAS THE FOLLOWING ALLERGIES: _____

Child's date of birth

NHS Number (If known)

____ / ____ / ____



Emergency contact number

Alternative emergency number
If parent / guardian unavailable

CONSENT I consent to the administration of prescribed emergency treatment by members of staff in schools and Early Years settings (EYS). I will notify school / EYS staff and the school nursing service if there are any changes to my child's medication and personal details as above. I will ensure that the above medication is kept in date and replaced if used.

Your name (Print)

Your signature

Please circle Parent / Carer.

Date _____

EMERGENCY TREATMENT

Name of adrenaline auto injector _____

How many adrenaline auto injector been prescribed for use in school? _____

Name of antihistamine (medicine for allergies). _____

Refer to label for dosage instructions

Name of inhaler (if prescribed) _____

Mild-moderate allergic reaction:

- Swollen lips, face or eyes
- Itchy/tingling mouth
- Hives or itchy skin
- Abdominal pain or vomiting
- Sudden change in behaviour

Action:

- Stay with the child, call for help if necessary
- Give antihistamine
- If wheezy, give Salbutamol (blue inhaler) if prescribed; up to a maximum of 10 puffs may be given per reaction.



Watch for signs of ANAPHYLAXIS

(Life-threatening allergic reaction):

- | | |
|-----------------------|---|
| Airway: | Persistent cough, hoarse voice, difficulty in swallowing, swollen tongue. |
| Breathing: | difficult or noisy breathing, wheeze or persistent cough. |
| Consciousness: | Persistent dizziness / pale or floppy, suddenly sleepy, collapse, unconscious |

If ANY ONE of these signs is present:

1. **Lie child flat.** If breathing is difficult allow to sit.
2. **Give adrenaline auto injector.**
3. **Dial 999 for an ambulance*** and say ANAPHYLAXIS (ANA-FIL-AX-IS)
If in doubt give adrenaline auto injector.

After giving adrenaline auto injector

- 1 Stay with child; contact parent / carer
 2. If no improvement after 5 minutes, give a further adrenaline auto injector (if available for that child).
 3. If there are no signs of life, commence CPR
- *you can dial 999 from any phone, even if there is no credit left on a mobile.
Medical observation in hospital is recommended after anaphylaxis.

Additional instructions

If feeling faint, lie the child down with legs raised.
If unconscious place child in the recovery position

Allergy action plan will be reviewed on notification of any changes