ACTION PLAN FOR
Allergic Reactions

Name: __________________________
Date of birth: ____________________

Allergens to be avoided:

Family/carer name(s):

Work Ph: ________________________
Home Ph: ________________________
Mobile Ph: ______________________

Plan prepared by: Dr
Signed__
Date__

MILD TO MODERATE ALLERGIC REACTION

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

ACTION

- stay with person and call for help
- give medications (if prescribed) ....................................
- contact family/carer

Watch for any one of the following signs of Anaphylaxis

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- difficult/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 Call Ambulance if there are any signs of anaphylaxis - telephone 000 (Aus) or 111 (NZ)
2 Lay person flat and elevate legs. If breathing is difficult, allow to sit but do not stand
3 Contact family/carer

Additional information

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