**ACTION PLAN FOR**

**Anaphylaxis (Insect allergy)**

**MILD TO MODERATE ALLERGIC REACTION**

- swelling of lips, face, eyes
- hives or welts

**ACTION**

- if sting can be seen, flick it out immediately
- stay with person and call for help
- give medications (if prescribed) ....................................
- locate EpiPen® or EpiPen® Jr
- contact family/carer

**ANAPHYLAXIS (SEVERE ALLERGIC REACTION)**

- abdominal pain, vomiting
- 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. Give EpiPen® or EpiPen® Jr
2. Call ambulance* - telephone 000 (Aus) or 111 (NZ)
3. Lay person flat and elevate legs. If breathing is difficult, allow to sit but do not stand
4. Contact family/carer
5. Further EpiPen® doses may be given if no response after 5 minutes

**If in doubt, give EpiPen® or EpiPen® Jr**

EpiPen® Jr is generally prescribed for children aged 1-5 years.

*Medical observation in hospital for at least 4 hours is recommended after anaphylaxis.

Additional information