



Royal Berkshire
NHS Foundation Trust

Patient's hospital label

Allergy to: _____

Strict avoidance of: _____

Doctor's name: _____

Doctor's signature: _____

Food allergy action plan

EpiPen® Jr (Adrenaline 0.15mg)

Important information for families and healthworkers

Emergency contact details:

Parent or guardian: _____

Telephone no: _____

Parent's signature: _____

A mild allergic reaction – what to look out for:

Eyes: itchy, runny, swollen

Nose: itchy, runny, congested, sneezing

Mouth: itchy or swollen lips or mouth

Skin: hives/nettle rash, itchy rash, redness, swelling of the face or other parts of the body

Gut: nausea, stomach cramps, vomiting or diarrhoea

Action

Give **antihistamine** _____ syrup/tablet.

Then follow the next steps....

Rest

- **No** strenuous exercise of any kind, e.g. football, swimming.
- **No** heavy meals.
- **No** fizzy drinks.

Contact the parent or guardian (see front page).

If the symptoms get worse, follow the steps for severe reaction (on next page).

The severity of symptoms can change quickly so

Do not leave the child alone.

A severe allergic reaction – what to look out for:

Airway:	tightness/lump in the throat, hoarse voice, hacking cough
Breathing:	short of breath, cough, unable to speak full sentences, noisy breathing, wheezing
Circulation:	feeling faint, weakness or floppiness, glazed expression, unconscious
Deterioration:	things getting steadily worse

Action

If the child is conscious and having breathing difficulties, help them to sit up.

If they are faint or floppy, they are better off lying flat with their legs raised up.

Give **EpiPen® Jr (Adrenaline 0.15mg)** in the outer thigh muscle.

Once the EpiPen® Jr has been given, even if the child is making a good recovery you must **dial 999** for the ambulance.

The caller should tell the emergency helpline operator:

- Where to find the child having the allergic reaction.
- That the child is having a severe allergic reaction known as “anaphylaxis”.
- The name and age of the child.

If there are problems with breathing and the child uses an inhaler, give up to 10 puffs of salbutamol (Ventolin®) or terbutaline (Bricanyl®) with a spacer.

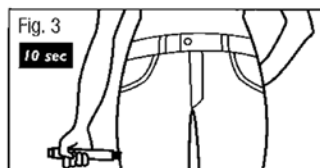
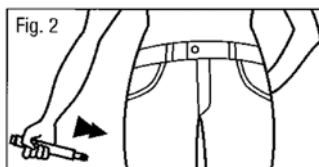
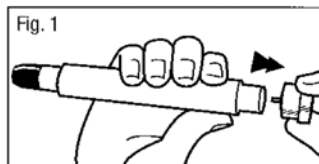
Contact the parent or guardian (see front page).

The ambulance should take the child to the nearest Emergency Department (ED) for at least 4 hours observation. ED staff may consider corticosteroids to prevent a late phase reaction.

How to use the EpiPen® Jr

Never put your thumb, finger or hand over the blue tip. Do not remove the blue cap until you are ready to use. Never shake the EpiPen® Jr.

1. Remove EpiPen® Jr from container.
2. Grasp EpiPen® Jr in dominant hand, with thumb closest to blue safety cap.
3. With other hand, pull off blue safety cap (Figure 1).
4. Hold EpiPen® Jr approximately 10cm from outer thigh with the orange tip pointing towards the thigh (Figure 2).
5. Jab firmly into outer thigh so that the EpiPen® Jr is at right angles (90°) to the outer thigh, through clothing if necessary, and listen for 'click' sound (Figure 3).
6. Hold EpiPen® Jr in place for 3 seconds.
7. Remove EpiPen® Jr from thigh and massage injection area for 10 seconds.



Dial 999, ask for an ambulance and say 'anaphylaxis' OR attend Emergency Department, if nearby.

Give used EpiPen® Jr to paramedics/medical team for safe disposal.

Visit our website www.royalberkshire.nhs.uk

Based on a leaflet by Southampton University Hospitals NHS Trust