

Life-threatening ALLERGIC REACTIONS Could you save a life?

Anyone with a severe allergy to food, insect stings, prescribed drugs or latex may experience one or more of these symptoms:

Think A.B.C.D.E... Then act...

A
and / or

Airway Obstructed

- hoarseness
- wheezing
- swollen tongue
- itching or swelling in throat

B
and / or

Breathing Difficulty

- breathlessness
- noisy breathing
- unable to communicate verbally

C
and / or

Circulation Impaired

- pallor
- clammy skin
- rapid or weak pulse
- blue around the mouth
- feeling faint

D
and / or

Disability

- confusion
- agitation
- altered consciousness

E

Exposure

- hives or nettle rash
- swelling of lips, eyes, throat, etc.
- generalised rash

Give adrenaline (also known as epinephrine)

- Give Adrenaline at the first sign of a severe reaction
- The early symptoms may be mild, but can get worse quickly
- Repeat in 5-15 minutes if reaction continues or gets worse

If in any doubt whatsoever, give adrenaline, particularly if the person has had a life-threatening reaction in the past.

Always call 999 (at first sign of a severe reaction)

- Mention the word anaphylaxis (the word for a severe reaction, pronounced ana-fill-axis)
- Go by ambulance to the nearest hospital, even if symptoms have stopped

