

# ANAPHYLAXIS

Anaphylaxis or Anaphylactic Shock is a severe allergic reaction. The reaction will often happen very quickly, within a few minutes of exposure to the allergen, but sometimes may take several hours.

## POSSIBLE SIGNS & SYMPTOMS

- Itchy flushed skin
- Nettle like rash or hives
- Swelling of the mouth & throat
- Difficulty in swallowing or speaking
- Severe asthma
- Feeling faint & weak
- Abdominal pain, feeling or being sick
- Collapse and unconsciousness

## WHAT TO DO

- Remove the trigger if possible
- Dial 999 for an ambulance
- Reassure the casualty
- If the casualty is not having breathing difficulties, lie them down and raise their legs
- If the casualty is having difficulty breathing, keep them sat upright
- If the casualty stops responding, use your emergency plan

## MEDICATION

- They may carry an adrenaline injection.
- Usually the casualty will be able to inject themselves but if they are having difficulty you can help them to use it. The different brands have slightly different instructions, but they are always clearly indicated on device.
- Once the adrenaline is injected, they will usually recover very quickly. If there has been no improvement within five to fifteen minutes, a second injection may be needed. Seek guidance from ambulance control if this is the case.



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