

Name:	
Date of birth:	SIGNS OF MILD TO MODERATE ALLERGIC REACTION
Photo	 Swelling of lips, face, eyes Hives or welts Tingling mouth Abdominal pain, vomiting (these are signs of anaphylaxis for insect allergy)
	ACTION FOR MILD TO MODERATE ALLERGIC REACTION
	 For insect allergy - flick out sting if visible For tick allergy - freeze dry tick and allow to drop off Stay with person and call for help Give other medications (if prescribed)
Confirmed allergens:	 Phone family/emergency contact
Family/emergency contact name(s):	Mild to moderate allergic reactions (such as hives or swelling) may not always occur before anaphylaxis
Work Ph: Home Ph:	WATCH FOR <u>ANY ONE</u> OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)
Mobile Ph: Plan prepared by medical or nurse practitioner: I hereby authorise medications specified on this	 Difficult/noisy breathing Swelling of tongue Swelling/tightness in throat Wheeze or persistent cough Difficulty talking and/or hoarse voice Persistent dizziness or collapse Pale and floppy (young children)
plan to be administered according to the plan Signed:	
	ACTION FOR ANAPHYLAXIS
Date:Action Plan due for review:Action Plan due for review:Action Plan due for review:Action Plan for Allergic Reactions is for people with mild to moderate allergies, who need to avoid certain allergens For people with severe allergies (and at risk of anaphylaxis) there are ASCIA Action Plans for Anaphylaxis, which include adrenaline (epinephrine) autoinjector instructions Instructions are also on the device label	 1 Lay person flat - do NOT allow them to stand or walk If unconscious, place in recovery position If breathing is difficult allow them to sit 2 Give adrenaline (epinephrine) autoinjector if available 3 Phone ambulance - 000 (AU) or 111 (NZ) 4 Phone family/emergency contact 5 Transfer person to hospital for at least 4 hours of observation If in doubt give adrenaline autoinjector Commence CPR at any time if person is unresponsive and not breathing normally

ALWAYS give adrenaline autoinjector FIRST if available, and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms Asthma reliever medication prescribed: $\Box Y \Box N$