ACTION PLAN FOR
Anaphylaxis
for use with EpiPen® or Epipen® Jr adrenaline autoinjectors
(with blue safety release and orange needle end)

MILD TO MODERATE ALLERGIC REACTION
• swelling of lips, face, eyes
• hives or welts
• tingling mouth
• abdominal pain, vomiting (these are signs of a severe allergic reaction to insects)

ACTION
• For insect allergy, flick out sting if visible. Do not remove ticks
• Stay with person and call for help
• Give medications (if prescribed) ........................................ Dose: ........................................
• Locate EpiPen® or Epipen® Jr
• Contact family/emergency contact

Watch for any one of the following signs of Anaphylaxis

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)
• difficult/noisy breathing
• swelling of tongue
• swelling/tightness in throat
• difficulty talking and/or hoarse voice
• wheeze or persistent cough
• persistent dizziness or collapse
• pale and floppy (young children)

ACTION
1 Lay person flat, do not stand or walk. If breathing is difficult allow to sit
2 Give EpiPen® or Epipen® Jr
3 Phone ambulance* - 000 (AU), 111 (NZ), 112 (mobile)
4 Contact family/emergency contact
5 Further adrenaline doses may be given if no response after 5 minutes (if another adrenaline autoinjector is available)

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