#### **USEFUL ORGANISATIONS**

# Children's and Young People's Allergy Network Scotland (CYANS)

www.cyans.scot.nhs.uk

## Allergy UK

www.allergyuk.org Tel: 01322 619898

## The Anaphylaxis Campaign

www.anaphylaxis.org.uk/ Tel: 01252 542029

## **Lanarkshire Paediatric Allergy Service**

www.protopage.com/allergy

#### **USEFUL CONTACTS**

# NHS24 - Health Information and Self Care Advice for Scotland

You can contact NHS24 for out of hours advice when your GP surgery or Health Centre is closed.

Tel: 111

Textphone users - 18001 111

## NHS inform -National Health information service

Providing a co-ordinated approach and a single source of quality assured health information for the public in Scotland.

www.nhsinform.co.uk

Lanarkshire Paediatric Allergy Service – www.protopage.com/allergy



www.careopinion.org.uk

If you need this information in another language or format, please e-mail: Translation.

Services@lanarkshire.scot.nhs.uk

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# What to do if your child has an allergic reaction

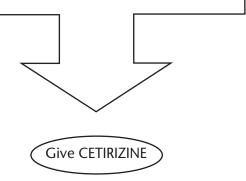
# **CETIRIZINE**

Information for patients



The following are symptoms of a **MILD** allergic reaction:

- 1. Swollen lips, face or eyes
- 2. Itchy or tingly mouth
- 3. Hives or itchy rash
- 4. Abdominal cramps or vomiting
- 5. Runny nose or sneezing



Dose: ..... mls .....

Prescribed by......

Date

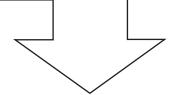
If after 10 minutes symptoms are no better, then:

Repeat Cetirizine as above

And seek advice from your GP urgently (or NHS 24 if out of hours).

Symptoms of a **SEVERE** reaction:

- 1. Hoarse voice
- 2. Difficulty swallowing, choking
- 3. Difficult or noisy breathing, wheeze Persistent cough
- 4. Dizziness, going pale or floppy, suddenly sleepy
- 5. Collapse, unresponsive [put child into recovery position].



Lie your child down (let them sit if they prefer)



Phone 999 and state

"Anaphylaxis [AN-A-FEE-LAX-IS]"
Give CETIRIZINE (if able to swallow).
If your child is wheezy and has
a blue inhaler, give 10 puffs via spacer.

Remember, the best way to prevent reactions is to ask about ingredients, check labels, and tell people you have an allergy.

**ALWAYS HAVE YOUR CETIRIZINE WITH YOU!**