

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

Name

School

DOB/CHI No

Allergy

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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

Give CETIRIZINE

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!