

## USEFUL ORGANISATIONS

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

[www.cyans.scot.nhs.uk](http://www.cyans.scot.nhs.uk)

### Allergy UK

[www.allergyuk.org](http://www.allergyuk.org)

Tel: 01322 619898

### Anaphylaxis Campaign

[www.anaphylaxis.org.uk/](http://www.anaphylaxis.org.uk/)

Tel: 01252 542029

### Epipen

[www.epipen.co.uk](http://www.epipen.co.uk)

### Lanarkshire Paediatric Allergy Service

[www.protopage.com/allergy](http://www.protopage.com/allergy)

### 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

### 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](http://www.nhsinform.co.uk)



[www.careopinion.org.uk](http://www.careopinion.org.uk)

**NHS Lanarkshire** - for local services and the latest health news visit [www.nhslanarkshire.scot.nhs.uk](http://www.nhslanarkshire.scot.nhs.uk)

NHS Lanarkshire General  
Enquiry Line: 0300 30 30 243

**NHS inform** - The national health information service for Scotland.  
[www.nhsinform.co.uk](http://www.nhsinform.co.uk)  
Tel No: 0800 22 44 88

If you need this information in another language or format, please e-mail: Translation.  
[Services@lanarkshire.scot.nhs.uk](mailto:Services@lanarkshire.scot.nhs.uk)

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# Epipen (adrenaline autoinjector)

What to do if your child has an allergic reaction

Name .....

School .....

DOB/CHI No .....

Allergy .....

Design - Medical Illustration, NHS Lanarkshire

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. Swollen or itchy eyes.
6. Runny nose or sneezing.

Give **PIRITON / CETIRIZINE**

Dose ..... mls

Prescribed by

Date

After 10 minutes, if symptoms are no better -  
**REPEAT PIRITON/CETIRIZINE AS ABOVE**  
and seek advice urgently from your GP (or  
NHS24 if out of hours)

If condition worsens, see next page.

Symptoms of a **SEVERE** reaction (anaphylaxis):

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

Lie your child down (let them sit if they prefer) + Give **Epipen + phone 999**

Dose ..... mcg (150/300mcg)

Prescribed by

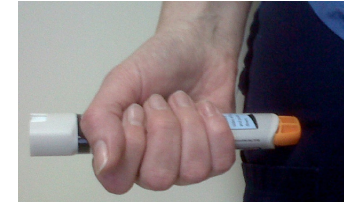
Date

Then try to give Piriton/Cetirizine (see left).

If your child is wheezy and has a blue inhaler e.g Salbutamol, you can also give 10 puffs using a spacer

## HOW TO GIVE EPIPEN

1. Remove the EpiPen® from the package
2. Remove blue safety cap
3. Hold the EpiPen® as shown, orange tip to the thigh, press hard until clicks (can be given through clothing).
4. Hold in place for 3 seconds, remove and rub site vigorously for 10 seconds, clothes do not need to be removed
5. Keep your child in the recovery position, or sitting if more comfortable
6. Phone 999 and state Anaphylaxis (AN-A-FEE-LAX-IS).
7. If there is no improvement after 5 minutes.
  - Give a further Epipen, if available.
8. Observation in hospital after anaphylaxis is recommended.
9. Ask your GP for replacement Epipen at earliest opportunity.



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

**Always Have Your EpiPen® and Piriton/  
Cetirizine with You!**