

USEFUL ORGANISATIONS

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

www.cyans.scot.nhs.uk

For advice on nursery/school, food labels, eating out, travel/holidays and more



Allergy UK

www.allergyuk.org

Tel: 01322 619898

Anaphylaxis UK

www.anaphylaxis.org.uk/

Tel: 01252 542029

Lanarkshire Paediatric Allergy Service

<https://www.nhslanarkshire.scot.nhs.uk/services/childrens-services/paediatric-allergy-service/>

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

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.scot.nhs.uk

NHS Lanarkshire General
Enquiry Line: 0300 30 30 243

For NHS staff only -

For advice on how to get a leaflet translated for your patients, please contact: patientinformation@lanarkshire.scot.nhs.uk

For patient letters, records etc. please email: translation.services@lanarkshire.scot.nhs.uk

We may use Copilot to assist in the production of patient leaflets where appropriate.



www.careopinion.org.uk

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Epipen (adrenaline autoinjector)

What to do if your child or young person has an allergic reaction

Allergy Action plan for parents/carers

Name

DOB/CHI No

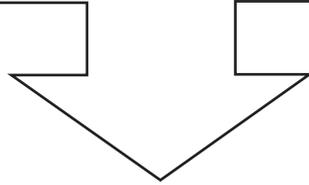
Allergy

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Symptoms of a **SEVERE** reaction:

1. Hoarse voice, swollen tongue, difficulty swallowing
2. Difficult or noisy breathing, wheeze or persistent cough
3. Dizziness, pale or floppy, suddenly sleepy
4. Collapse, unresponsive (put child into recovery position).



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

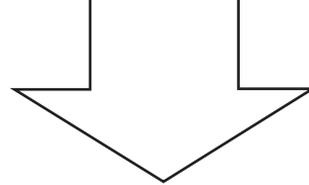
Dose: 0.15mg and 0.3mg

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

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

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. Mild throat tightness
6. Runny nose or sneezing.



Give **PIRITON/CETIRIZINE**

Dose: mls mg

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, look for signs of SEVERE reaction (see left).

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, clothes do not need to be removed
5. Stay with child/young person until ambulance arrives, do NOT stand them up. Keep them lying down, even if things seem to be getting better.
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.



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