

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

Emerade® Manufacturer

www.emerade.co.uk

020 8781 2900

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



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

Emerade® (adrenaline autoinjector)

Information for patients
Paediatrics and Child Health

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

If after 10 minutes symptoms are no better, then:

Repeat Piriton/
CETIRIZINE as above

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

If features of a severe reaction, give Emerade® – 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 **Emerade**®

Dose: 150mcg, 300mcg, 500mcg

Prescribed by.....

Date

Try to give Piriton/ Cetirizine (see left). If your child is wheezy and has a blue inhaler, you can also give 10 puffs of Salbutamol using a spacer.

HOW TO GIVE EMERADE®



1. Remove needle shield.
2. Hold as shown in photo, placing tip at right angle to outer thigh.
3. Press hard until you hear a click.
4. Hold in place for 5 seconds, remove and rub site vigorously for 10 seconds.
5. Keep your child in the recovery position, or sitting if more comfortable.
6. Phone **999** for an **AMBULANCE** - state Anaphylaxis [AN-A-FEE-LAX-IS]. If there is no improvement after 5 minutes, give a further Emerade, if available.
7. Observation in hospital after anaphylaxis is recommended.
8. Ask your GP for replacement Emerade 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 Emerade® and Piriton/Cetirizine with You!