

USEFUL ORGANISATIONS

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

www.cyans.scot.nhs.uk/families
<http://www.cyans.scot.nhs.uk/families>

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/](https://www.nhslanarkshire.scot.nhs.uk/services/childrens-services/paediatric-allergy-service/)

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

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



www.careopinion.org.uk



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

PIRITON
(Chlorphenamine)

Action plan for parents/carers

Name

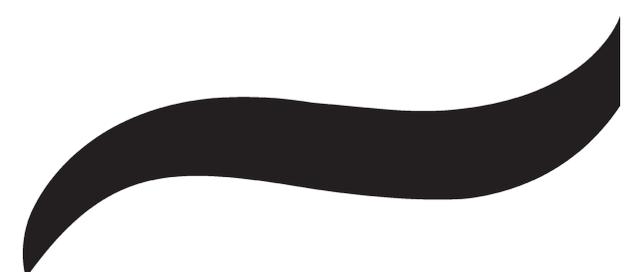
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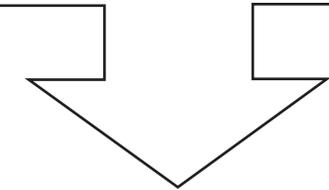
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Symptoms of a **SEVERE** reaction:

1. Swelling in throat or tongue (hoarse voice, difficulty swallowing)
2. Sudden onset wheezing, breathing difficulty, noisy breathing, persistent cough
3. dizziness, feeling faint, sudden sleepiness/tiredness, confusion, pale clammy skin
4. Collapse, unresponsive (put child into recovery position).



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

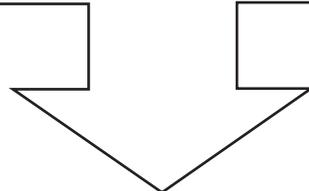


Phone 999 and state
"Anaphylaxis [AN-A-FEE-LAX-IS]"
Give PIRITON (if able to swallow).
If your child is wheezy and has
a blue inhaler, give 10 puffs via spacer.
Find and give Adrenaline
autoinjector(s) if available

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

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
6. Mild throat tightness



Give **PIRITON**
(unless symptoms
of severe reaction)

Dose: mls.....

Prescribed by.....

Date

If after 10 minutes symptoms are no better,
look for symptoms of severe reaction then:

Repeat Piriton as above

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

ALWAYS HAVE YOUR PIRITON WITH YOU!