

Anaphylaxis: What to do...

- **Call 999:** If your child is struggling to breathe, is lethargic or you are concerned
- **Keep calm:** both yourself and your child
- **Use EpiPen®:** If your child has prescribed an EpiPen® or similar, use it straight away in your child's thigh, though their clothing
- **Give antihistamine:** If you have antihistamine available (e.g. Piriton) and your child is able to swallow, give the appropriate dose (check the label)
- If the trigger was food then **don't make your child vomit**
- If the attack was caused by a bee sting then **remove the sting** if possible (but with minimal manipulation).
- **Recovery position:** If your child becomes unconscious, check they are still breathing. If they aren't call 999 immediately. If they are, place him or her in the recovery position then call 999.

Recovery position for babies unable to sit un-supported



Recovery position for older babies, toddlers and children



Signs of Anaphylaxis

(Any, some or all of the following)

Head

Swollen lips
Swollen tongue
Itching
Drooling

Throat

Swelling
Tightness/constriction
Coughing

Lungs

Difficulty breathing
Wheezing
Coughing

Heart

Dizziness
Fainting
Weak pulse



Belly

Vomiting
Feeling queasy
Stomach cramps
Diarrhoea

Skin

Hot, flushed
Blotchy rash all over body (hives/urticaria)
Itching
Swelling