Anaphylaxis is the most severe type of allergic reaction and should always be treated as a medical emergency. Anaphylaxis requires immediate treatment with adrenaline (epinephrine), which is injected into the outer mid-thigh muscle. If treatment with adrenaline is delayed, this can result in fatal anaphylaxis.

**MILD TO MODERATE ALLERGIC REACTIONS**

**SIGNS**
- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting - these are signs of anaphylaxis for insect allergy

**ACTIONS**
- Stay with person, call for help
- Locate adrenaline injector
- Phone family/emergency contact
- Insect allergy - flick out sting if visible
- Tick allergy - seek medical help or freeze tick and let it drop off

**SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTIONS)**

Watch for ANY ONE of the following signs:
- Difficult or noisy breathing
- Swelling of tongue
- Swelling or tightness in throat
- Wheeze or persistent cough
- Difficulty talking or hoarse voice
- Persistent dizziness or collapse
- Pale and floppy (young children)

**ACTIONS FOR ANAPHYLAXIS**

1. **LAY PERSON FLAT** - do NOT allow them to stand or walk
   - If unconscious or pregnant, place in recovery position - on left side if pregnant
   - If breathing is difficult allow them to sit with legs outstretched
   - Hold young children flat, not upright

2. **GIVE ADRENALINE INJECTOR**
   3. Phone ambulance - 000 (AU) or 111 (NZ)
   4. Phone family/emergency contact
   5. Further adrenaline may be given if no response after 5 minutes
   6. Transfer person to hospital for at least 4 hours of observation

**IF IN DOUBT GIVE ADRENALINE INJECTOR**
Commence CPR at any time if person is unresponsive and not breathing normally

**ALWAYS give adrenaline injector FIRST if someone has SEVERE AND SUDDEN BREATHING DIFFICULTY** (including wheeze, persistent cough or hoarse voice), even if there are no skin symptoms. THEN SEEK MEDICAL HELP.

If adrenaline is accidentally injected, phone your local poisons information centre. Continue to follow this action plan for the person with the allergic reaction.