



ANAPHYLAXIS EMERGENCY



1



Give adrenaline

Give adrenaline **WITHOUT DELAY** if you suspect a severe allergic reaction.

IF IN DOUBT, GIVE ADRENALINE.

2



Position the person

Lie them flat with legs raised. If breathing is difficult, allow them to sit with legs raised.

Do not stand the person up.

3



Call 999

Dial 999 for an ambulance and state **"anaphylaxis"** (ana-fill-axis).

4



Stay with the person

Stay with the person until medical help arrives.

5



No improvement after 5 minutes?

Give a second adrenaline auto-injector, if available, ideally in the other leg.



Always go to hospital

Anyone requiring adrenaline should always go to hospital for further observation and treatment.

Use alongside staff training and your school's allergy policy. Follow the instructions on the adrenaline auto-injector and seek emergency medical help immediately.