



Allergy Action Plan *(Mild-Moderate)*

This child has the following allergies:

Name: _____

DoB: _____

Photo

Mild - Moderate reactions

- Swelling of lips, face or eyes
- Itchy / tingling mouth
- Hives / itchy skin rash
- Abdominal pain / vomiting
- Sudden change in behaviour

Action:

- Stay with the child
(call for help if needed)
- Give antihistamine

if vomited can repeat dose

- Contact emergency contact / carer

Possible sign(s) of a severe allergic reaction

- Hoarse voice or altered cry
- Throat tightness, difficulty swallowing, swollen tongue
- Difficult or noisy breathing
- Wheeze or persistent cough
- Suddenly sleepy, loss of consciousness / collapse
- Pale or floppy

If ANY ONE of these signs are there:

- (1) Lie child down & raise legs up *(if difficulty in breathing allow to sit up)*
- (2) In a school with "spare" back-up adrenaline autoinjectors, **ADMINISTER the SPARE AUTOINJECTOR if available**
(do not wait and see)
- (3) Call 999 for ambulance and say ANAPHYLAXIS ("*ana-fil-ax-is*")

******If in doubt give the Adrenaline******

After giving adrenaline:

- Stay with child until ambulance arrives, do **NOT** stand child up
- Start CPR if there are no signs of life
- If no improvement after 5 minutes, **give another adrenaline dose** using a 2nd device, if available

Emergency information:



Additional information

PARENTAL CONSENT:

I hereby authorise school staff to administer the medicines listed on this plan, including a 'spare' back-up adrenaline autoinjector (AAI) if available, in accordance with Department of Health Guidance on use of AAI in schools

Signature

Printed name

Date

This is a medical document that can only be completed by the child's healthcare professional. It must not be altered without their permission. This document provides medical authorisation for schools to administer a 'spare' back-up adrenaline autoinjector if needed, as permitted by the Human Medicines (Amendment) Regulations 2017.

During travel, adrenaline auto-injector devices must be carried in hand-luggage or on the person, and NOT in the luggage hold.

Plan prepared by:

Date:

Hospital/Clinic:

Here are some reminders of things that you need to do after your hospital visit

- (1) GIVE a copy of the allergy management plan (on the other side of this sheet) to the nursery / school / child minder

- (2) MAKE SURE some of the anti-histamine allergy medicine (bottle of liquid or box of pills) is prescribed by a doctor and available at **home and school**
It must be correctly labeled (**child's name and dose**) to be given in school

If you were told you / your child needs an adrenaline device:

- (1) You must have been TRAINED on how to use the adrenaline device in clinic

- (2) You must take your recommendation prescription to your GP to get the adrenaline devices

- (3) The dose of the adrenaline device must match the allergy management plan

- (4) An adrenaline device must be given to the nursery / school / child minder

- (5) REGISTER your adrenaline device on-line and it will remind you when they are out-of-date and need to be replaced

For example - Emerade.co.uk or Epipen.co.uk