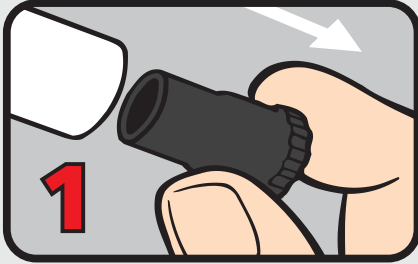
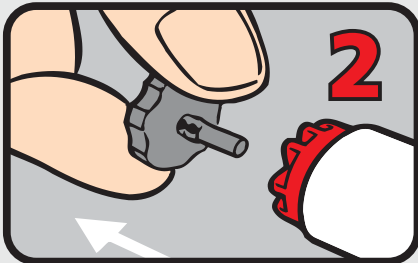


# ACTION PLAN FOR Anaphylaxis

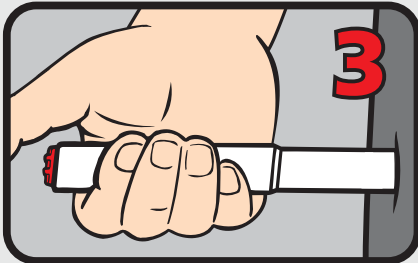
## How to give Anapen<sup>®</sup> or Anapen<sup>®</sup> Jr



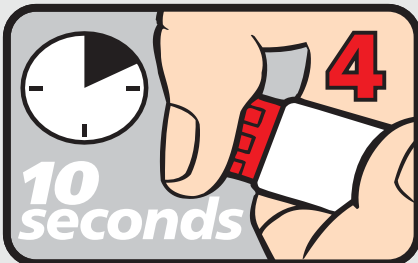
PULL OFF BLACK NEEDLE SHIELD.



PULL OFF GREY SAFETY CAP from red button.



PLACE NEEDLE END FIRMLY against outer mid-thigh at 90° angle (with or without clothing).



PRESS RED BUTTON so it clicks and hold for 10 seconds. REMOVE Anapen<sup>®</sup> and DO NOT touch needle. Massage injection site for 10 seconds.

for use with Anapen<sup>®</sup> or Anapen<sup>®</sup> Jr adrenaline autoinjectors

### MILD TO MODERATE ALLERGIC REACTION

- swelling of lips, face, eyes
- hives or welts
- tingling mouth
- abdominal pain, vomiting (these are signs of a severe allergic reaction to insects)

### ACTION

- **For insect allergy, flick out sting if visible. Do not remove ticks**
- Stay with person and call for help
- Locate Anapen<sup>®</sup> (or Anapen<sup>®</sup> Jr if aged 1-5 years)
- Contact family/emergency contact



**Watch for any one of the following signs of Anaphylaxis**

### ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- difficult/noisy breathing
- swelling of tongue
- swelling/tightness in throat
- difficulty talking and/or hoarse voice
- wheeze or persistent cough
- persistent dizziness or collapse
- pale and floppy (young children)

### ACTION

- 1 Lay person flat, do not stand or walk. If breathing is difficult allow to sit**
- 2 Give Anapen<sup>®</sup> (or Anapen<sup>®</sup> Jr if aged 1-5 years)**
- 3 Phone ambulance - 000 (AU), 111 (NZ), 112 (mobile)**
- 4 Contact family/emergency contact**
- 5 Further adrenaline doses may be given if no response after 5 minutes (if another adrenaline autoinjector is available)**

**If in doubt, give Anapen<sup>®</sup> or Anapen<sup>®</sup> Jr**

Anapen<sup>®</sup> Jr is generally prescribed for children aged 1-5 years.

\*Medical observation in hospital for at least 4 hours is recommended after anaphylaxis.