

# ANAPHYLAXIS

Ensure the safety of everyone  
Call the ambulance on Triple Zero (000)

## Severe Allergic Reaction

All child care centres and schools should have general use auto-injectors on hand and ready for use.

### Signs & Symptoms

any or all of the following

- Difficult / noisy breathing
- Wheeze or persistent cough
- Swelling of face and tongue
- Swelling/tightness in throat
- Persistent dizziness/loss of consciousness/collapse
- Difficulty talking
- Hoarse voice
- Pale and floppy (in young children)
- Abdominal pain and vomiting
- Hives, welts, body redness
- Signs of envenomation (insect sting)

### EpiPen Jr® (Green)

recommended for children between 10-20kg

### EpiPen® (Yellow)

recommended for adults and children over 20kg



This 3 step diagram provides information on how to use an **EpiPen® autoinjector** (available in adult and junior sizes).

There may be other brands available.

Please make sure to follow the instructions for the autoinjector you are using.

For more information visit:  
[www.allergy.org.au](http://www.allergy.org.au)  
[www.resus.org.au](http://www.resus.org.au)

## Adrenaline Autoinjector

If available, consult the action plan. Lay the casualty flat.

DO NOT touch the needle

Form a fist around EpiPen®  
**PULL OFF THE BLUE SAFETY RELEASE**

**PLACE THE ORANGE END**  
against outer mid-thigh  
(with or without clothing)

**PUSH DOWN HARD**  
until a click is heard or felt  
and hold in place for  
3 seconds  
Remove the EpiPen®

