

Allergic reaction

What are the signs and symptoms of an allergic reaction?

Mild

- Rash
- Hives
- Itchy, red, watering eyes
- Wheezing chest tightness- cough
- Slight swelling

Severe

- Stomach pain- vomiting or diarrhoea
- Swollen lips, tongue, eyes or face
- Trouble swallowing or speaking
- Dizziness or fainting

What to do after an allergic reaction?

- Contact a GP if your child has an allergic reaction.
- If symptoms are mild give antihistamine by mouth (Piriton)
- If symptoms are severe call 999 for medical help

Piriton should only be administered as directed on the manufacturer's dosage guidance

Anaphylaxis is a severe and potentially life-threatening reaction to a trigger such as an allergy.

Anaphylaxis

If someone has symptoms of anaphylaxis, you should:

- **Use their adrenaline auto-injector if the person has one** – but make sure you know how to use it correctly first.
- **Call 999 for an ambulance immediately** (even if they start to feel better) – mention that you think the person has anaphylaxis.
- **Remove any trigger if possible** – for example, carefully remove any stinger stuck in the skin.
- **Lie the person down flat** – unless they are unconscious, pregnant or having breathing difficulties.
- **Give another injection after 5 to 15 minutes** if the symptoms do not improve and a second auto-injector is available.

If you are having an anaphylactic reaction, you can follow these steps yourself if you feel able to.

Sourced from:

<https://www.nhs.uk/conditions/allergies/>

<http://www.piriallergy.com/product-range/piriton.html>