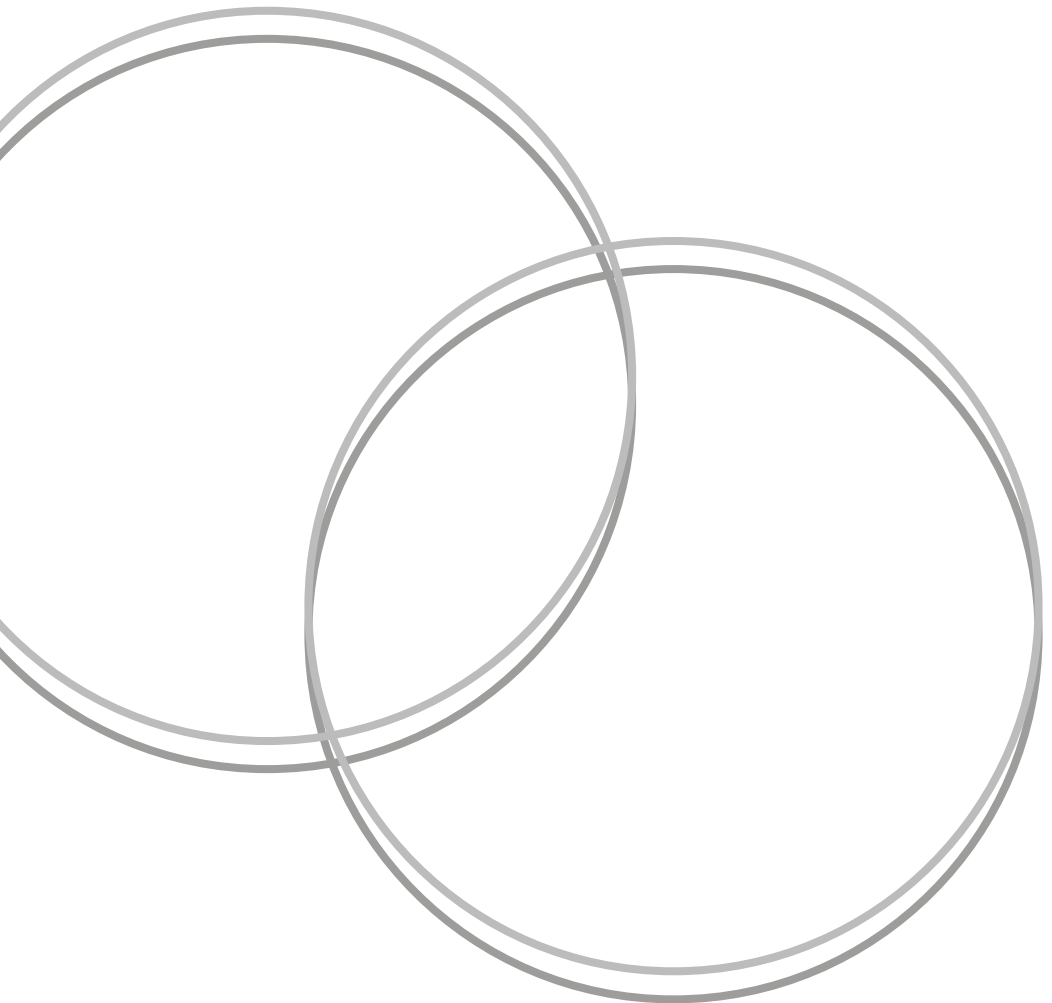


# Mild to Moderate Allergic Reaction

**Action Plan (Pull out and keep)**



## Mild to Moderate Allergic Reaction Action Plan

Name: ..... D.O.B: .....

Known allergies:

Contact parents/guardian: .....

Contact GP: .....

<b>MILD OR MODERATE symptoms</b>	<b>Take action!</b>
Tingling, itching or burning sensation in the mouth.	<ol style="list-style-type: none"> <li><b>1.</b> Spit out any food being eaten and if available swill some water round the mouth and spit that out too (if child is able to). Tell an adult.</li> <li><b>2.</b> Give antihistamines.</li> <li><b>3.</b> Watch VERY carefully for any worsening or progressions of symptoms, or a second phase of symptoms several hours later.</li> </ol>
Rapid development of nettle rash / wheals/hives (urticaria) Intense itching.	
Swelling, particularly of the face.	
Feeling hot or very chilled.	
Rising anxiety/feeling scared.	
Pale or flushed.	
Abdominal (tummy) pain.	
Nausea and/or vomiting.	

<b>SEVERE symptoms</b>	<b>Take action!</b>
<b>Difficulty in breathing</b> - either hoarseness, noisy or wheezy breathing, croupy or choking cough or not being able to talk normally.	<ol style="list-style-type: none"> <li><b>1.</b> Do not leave the young person alone.</li> <li><b>2.</b> If the child is feeling faint or dizzy lie them flat with their legs raised in the air. If they have breathing difficulties, a supported, sitting position will be better. DO NOT allow them to stand up or walk around. Give them repeated reassurance.</li> <li><b>3.</b> If the child is unconscious place in the recovery position. Attempt resuscitation if necessary.</li> <li><b>4.</b> Phone 999 – find a responsible person to phone for an ambulance stating you have a child with anaphylaxis (Ana-fil-ax-is).</li> <li><b>5.</b> If wheezy, and prescribed, give 10 puffs of Salbutamol (Ventolin®) inhaler through a spacer.</li> </ol>
<b>Decreased level of consciousness</b> - faint, floppy, very pale, blue lips or unresponsive.	
<p><b>Collapse (unconscious)</b></p> <p><b>Note that severe symptoms are rare but can be life-threatening so take action and don't delay!</b></p>	

### Parents take note!

If a severe reaction occurs, it is important to review your child's allergy management. Please go and see your child's GP for a referral to the allergy clinic.

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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