

# Emergency response to Anaphylactic reaction

A First Aid Plan for Anaphylaxis poster is available on the [ASCIA website](https://www.allergy.org.au/hp/anaphylaxis/first-aid-for-anaphylaxis)

## In all situations

1. If safe to do so, lay the person flat, do not allow patient to stand or walk.
2. If breathing is difficult allow patient to sit
* Be calm, reassuring
* Do not leave them alone.
* Seek assistance from another staff member or reliable student to locate the autoinjector or a general use autoinjector, and the student’s Individual Anaphylaxis Management Plan
* If the student appears to be experiencing a first time reaction, continue with steps 2 – 6.
1. Administer prescribed adrenaline autoinjector – note the time given and retain used EpiPen to give ambulance paramedics.
2. Phone ambulance 000 (112 – mobile).
3. If there is no improvement or severe symptoms progress, further adrenaline doses may be given every five minutes (if another autoinjector is available).
4. Phone family/emergency contact.

#### If in doubt, give an autoinjector

If the student has not been previously diagnosed with an allergy or at risk of anaphylaxis but appears to be having a severe allergic reaction, follow Steps 2–6 above.

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