

CHAPTER 8

ALLERGY ESSENTIALS BAG

One of the greatest challenge for parents with children with allergies is leaving their child in the care of another and the fear that the person might not know what to do in an emergency.



Having an **Essential Bag** for the person can help alleviate this concern.

This should contain:

- Medication - antihistamine
- Adrenaline Autoinjector
- Instructions

Sample Instruction

Please note that the standard UK emergency plans are available from www.bsaci.org.

Every child will need a tailored plan from a doctor. The one shared here is only an example.

See full instruction in next pages

Written emergency plan for food allergy suitable for use in pre-school and school

Insert child's photo here

_____ (Child's name)
is SEVERLY ALLERGIC to
(ALLERGENIC FOODS)

- Please do not let him eat (ALLERGENIC FOODS)
- Please do not let him handle (ALLERGENIC FOODS) during baking
- Please do not let him share (ALLERGENIC FOODS).
- He needs (SAFE FOOD AND DRINK) at snack time.
- Please wash his hands

How to spot an allergic reaction:

- Itchy red eyes
- Swelling of lips, face and eyes
- Rash and hives on face or body
- Sickness and/or stomach pain

What to do::

- Stay with(CHILD'S NAME) and call for help
- Give Piriton (antihistamine). Repeat if vomited

WATCH FOR SIGNS OF ANAPHYLAXIS:

- Difficulty breathing/ noisy breathing
- Swelling of tongue and/ or throat
- Difficulty talking/ hoarse voice
- Wheeze or persistent cough
- Loss of consciousness/ collapse/ drowsiness
- Pale or blue and floppy
- All signs does not need to be present to give EpiPen

What to do if there are signs of anaphylaxis::

- Give EpiPen (see below for more details)
- Call 999 - state Ambulance required. This is an emergency case of anaphylaxis in a child
- If no improvement in five minutes, give second EpiPen

How to give an EpiPen:

- Form a fist around the EpiPen and pull off grey cap
- Place black end against outer mid-thigh.nd call for help
- Push down hard until you hear a click.
- Hold for 10 seconds
- Remove EpiPen and be careful not to touch the needle. Discard in a sharps bin asap
- Massage the niddle site for 10 seconds

CONTACT:

1st contact: (Name and number of most available parent/ carer)

2nd contact: (Name and number of other parent/ carer)

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