

Adult Allergy Clinic

Mild Allergic Reaction

Action Plan



Mild allergic reaction – ACTION PLAN

Name

Known allergy / allergies

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1. Mild or moderate symptoms

- Tingling, itching or burning sensation in the mouth
- Rapid development of nettle rash/wheals/hives (urticaria)
- Intense itching
- Swelling, particularly of the face
- Feeling hot or very chilled
- Rising anxiety
- Pale or flushed
- Abdominal pain
- Nausea and/or vomiting
- Mild breathlessness or wheeziness

ACTION

1. Give antihistamines.
2. If prescribed, use a Ventolin or Bricanyl inhaler (Salbutamol or Terbutaline) for mild wheeziness
3. Ask someone to stay with you
4. Watch VERY carefully for any worsening or progression of symptoms, particularly if there is mild wheeziness.
5. Also be aware of a possible second phase of symptoms several hours later.

Contact numbers:

Next of kin

Tel:

GP

Tel:

2. Severe symptoms (possibly life-threatening, but rare)

- **Severe difficulty in breathing** including either hoarseness, noisy or wheezy breathing or croupy or choking cough
- **Decreased level of consciousness:** dizziness, faintness, floppy, very pale, blue lips, unresponsive.
- **Collapse**

ACTION

1. Make sure someone stays with you. Do not leave the person alone
2. Phone 999 – ask a responsible person to phone for an ambulance stating you have a person with anaphylaxis.
3. If decreased level of consciousness, place the person on their side in a comfortable position. If there are breathing difficulties, a supported sitting position will be better. Give repeated reassurance.
4. Place in recovery position if unconscious. Attempt resuscitation if necessary.

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@ouh.nhs.uk**

Dr J Reed, Consultant Dermatologist
Version 1, November 2011; Review November 2014
Oxford University Hospitals NHS Trust
Oxford OX3 9DU
www.ouh.nhs.uk/patientinformation
OMI 4926P